

Serving the 3rd Infantry Division (Mechanized), the Fort Stewart and Hunter Army Airfield communities

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# Coalition forces strike

## Iraqi communications facilities targeted

Linda D. Kosaryn  
American Forces Press Service

WASHINGTON — Coalition aircraft used precision-guided weapons Friday to target unmanned communications facilities located south of Al Amarah, about 165 miles southeast of Baghdad, U.S. Central Command officials said.

The strike occurred at about 6:30 a.m. EST in response to Iraqi hostile acts against coalition air-

craft monitoring the Southern No-Fly Zone, Operation Southern Watch. Target battle damage assessment is ongoing.

Nov. 22's strike came after an Iraqi military jet violated the Southern No-Fly Zone, officials said. Coalition strikes in the no-fly zones are executed as a self-defense measure in response to Iraqi hostile threats and acts against coalition forces and their aircraft.

On Nov. 21, Coalition aircrews

struck Iraqi air defense sites in the Southern No-fly Zone twice. The first strike occurred at about 12:20 p.m. local time near Ash Shuaybah, approximately 245 miles southeast of Baghdad. Officials said the second strike came roughly two hours later near Tallil, about 170 miles southeast of Baghdad.

Both coalition strikes involved precision-guided weapons and came when Iraq moved radar devices south of the 33rd parallel in violation of the established no-fly



# Soldiers prepare for war from air ...



Pvt. 2 Christopher Earls and Spc. Apollos Sandoval, D Btry., 1/3 ADA, perform the 13 safety checks on a heat-seeking Stinger missile Sunday at Red Cloud Golf as part of their semi-annual live-fire exercise. See page 2A for more coverage.

# Stop loss: Army announces new reserve component policy

U.S. Army press release

The Army Leadership has determined that the current total Army approach on stop loss does not fully support unit readiness in the Army's Reserve Components (Army National Guard and U.S. Army Reserve). The Guard and Reserve are primarily tasked to provide mobilized units in support of Operations Enduring Freedom and Noble Eagle, rather than to provide individual replacement fillers for Active Army units.

To date, when Individual Ready Reserve soldiers have not been available, RC units have been forced to fill empty billets with individual replacements from non-mobilized RC units. Attrition from the mobilized unit and the need to take replacements from other units have eroded RC unit readiness. On November 4, in

support of ONE and OEF, Assistant Secretary of the Army (Manpower and Reserve Affairs) Reginald J. Brown approved a new RC unit stop loss policy.

This new policy affects both Active Army and Ready Reserve soldiers.

Hereafter, this new policy establishes stop loss upon an RC unit's alert notification and continues through the period of mobilization until 90 days after demobilization. This policy is referred to as RC Unit Stop Loss, and applies to RC units currently mobilized and to all future RC unit mobilizations.

Active Army soldiers presently assigned to or who may be assigned to RC mobilized units in the future remain under the Army's 12-month Soldier Stop Loss policy.

The current 12-month, skill-based soldier stop loss policy remains in effect for Ready

Reserve soldiers subject to the RC Unit Stop Loss Policy, as modified below: Under RC Unit Stop Loss, Ready Reserve soldiers subject to the 12-month, skill-based stop loss may voluntarily separate or retire only upon completion of their 12-month period of stop loss (which begins running at the point that the soldier first becomes subject to the skill-based stop loss policy) or 90 days after demobilization, whichever is later. Thus, skill-based stop loss runs concurrently with the RC unit stop loss period.

This decision affects more than 25,000 RC soldiers currently subject to stop loss. Personnel strength managers from all Army components will regulate separation dates to ensure no adverse impact on Army-wide readiness.

Brown has approved four increments of stop

See POLICY, Page 9A

# 1 soldier killed, 1 injured in shooting

Staff report

One Fort Stewart soldier is listed in critical condition and another deceased as a result of a shooting incident that occurred early Sunday morning on post. Facts surrounding the incident are currently unclear and are under investigation.

Deceased is Pvt. Thomas M. DeLauder, age 20, A Company, 2nd Battalion, 7th Infantry.

In serious condition at Savannah Memorial Hospital is Pfc. Patrick G. Gagnon,

age 22, also of A Co., 2/7 Inf. DeLauder arrived at Fort Stewart in August, 2001 and entered the military from Baltimore, Md.

Gagnon arrived at Fort Stewart in June 2001 and is a native of Wilmington, Del.

Military Police and the Army's 30th Criminal Investigation Detachment are continuing the investigation.

Please contact Army criminal Investigation Command at (703)806-0400 for more information.

Weather Forecast

THUR

High 56° Low 31°

FRI

High 58° Low 37°

SAT

High 59° Low 35°

Holiday at the gates

The following gate hours are effective for the dates and times indicated for the Thanksgiving Holiday season.

- Gate #1 (Main Gate): Open 24 hours
- Gate #2 (Troop Gate): Closes at 9 p.m. Wednesday. Reopens 5 a.m. Friday
- Gate #3 (Harmon Avenue/GA 47): Closes at 5 p.m. for inbound traffic Thursday. Closes at 7 p.m. for outbound traffic.
- Gate #4 (Bryan Village): Closes at 9 p.m. Wednesday. Reopens 5 a.m. Friday.
- Gate #5 (Gulick Avenue): Open 24 hours
- Gate #7 (15th Street): Closes at 9 p.m. Wednesday. Reopens 5 a.m. Friday.
- Gate #8 (Frank Cochran): Closes at 5 p.m. for inbound traffic Thursday. Closes at 7 p.m. for outbound traffic.
- Checkpoint #11 (Wright Army Airfield) Open 24 hours



# 1/3 ADA: *Steel on target*



A one-fifth scale remote control airplane entices 1/3 ADA soldiers.

Stories by Spc. Mason T. Lowery

Associate Editor

1st Battalion, 3rd Air Defense Artillery Regiment soldiers have been honing the confidence needed for combat at the Red Cloud Golf range since Nov. 12.

They are training on the weapon systems in 20 Linebackers, four Bradleys and 30 Avengers, progressing from table 2 and culminating in table 10 — firing the heat-seeking Stinger missile.

1/3 ADA soldiers need to be as confident as possible to be a part of their battalion.

According to Maj. Dan Garcia, 1/3 ADA S-3, the regiment is the best air defense artillery battalion in the Army because of combat experience in Operation Desert Storm, homeland defense, and joint mission exercises.

Competition has been a motivating factor in the training, driving the crews to be number one and win

Top Gun honors, according to Garcia.

Top Gun competitor Spc. Aundray Rogers, a 1/3 ADA Avenger gunner, said, "We're shooting live missiles today. It will be my first time shooting a Stinger, but I think it will be all right. I'm confident that I can knock down anything in combat or garrison."

1/3 ADA Commander Lt. Col. Mark Garrell said the training is important so his young soldiers can gain confidence in themselves, their teams and equipment. "Sergeants and sometimes specialists are team leaders, and they are the ones who will ultimately make the decision to shoot down aircraft."

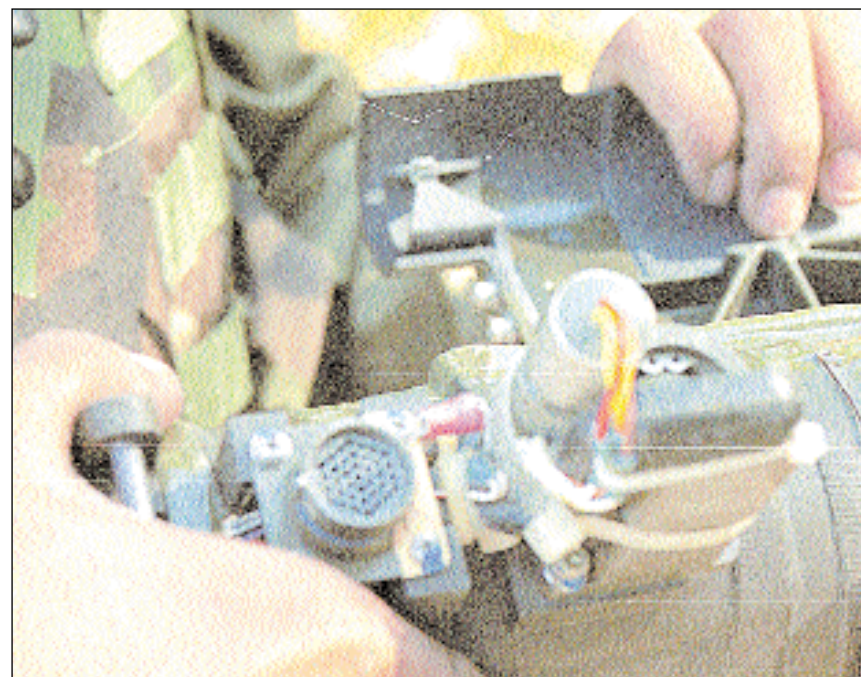
Spc. Apollo Sandoval, an Avenger team leader for 1/3 ADA, said, "They put the person in the position who they think can handle the job. Apparently they thought I could do the job. There's some pressure on me, but I think I can

handle it."

In addition to gaining confidence and proficiency, "It's a fun, fun time out here. These guys absolutely love what they're doing," Garcia said.

**"I'm confident that I can knock down anything in combat or garrison."**

Spc. Aundray Rogers  
1/3 ADA Avenger gunner



Safety checks on the Stinger missile ensure proper function.



Photos by Spc. Mason T. Lowery

An Avenger team fires a Stinger missile Sunday at Red Cloud Golf range during 1/3 ADA's semi-annual live fire exercises, the culmination of two weeks of training.

## 1st female 14J shoots down barriers



The first female recruited into the Army as a 14J — air defense tactical operations center operator, Pfc. Andrea Stanek, HHB, 1/3 ADA, checks her radar system to coordinate air targets with the Avenger, Linebacker and Bradley crews.

1st Battalion, 3rd Air Defense Artillery is knocking down more than enemy aircraft — it's knocking down barriers keeping female soldiers from the front lines.

Pfc. Andrea Stanek is the first female recruited into the Army as a 14J — air defense tactical operations center operator.

She joined Headquarters, Headquarters Battery, 1/3 ADA 10 months ago and has been succeeding steadily since, according to Maj. Dan Garcia, 1/3 ADA S-3.

"She came into the battalion extremely motivated and very confident in her abilities to be a 14 Juliet," he said.

14Js are the soldiers on the front lines who distinguish between friendly and enemy aircraft using radar, and transmit that information to Bradley, Linebacker and Avenger teams to fire on those enemy aircraft.

Stanek wanted to become the first female 14J because it was a challenge, to make changes in the Army and to have other female soldiers follow in her footsteps, she said.

Stanek said she met some resistance from male soldiers when she first joined the battalion. "Some accepted me, some still don't, but hopefully they'll be able to deal with it now that I'm on the sentinel team," she said.

Stanek is the first female in the 3rd Infantry Division (Mech.) to serve on a sentinel team, according to 1/3 ADA Commander Lt. Col. Mark Garrell.

The Sentinel team is a unique platoon, according to Garcia. "It's a very deployable

platoon. Just about every exercise we have in this division has a sentinel team out there."

One soldier who accepts Stanek is Spc. Apollo Sandoval, an Avenger team chief for 1/3 ADA. "It doesn't affect me that Stanek is a female. The only thing that would affect me would be if I had someone behind that radar who didn't know how to do the job."

Stanek definitely knows her job, according to Garcia. "We trained her in all the tactical communications devices first, then all our command and control systems. When she became an expert at that, we moved her down to the early radar-warning platoon — the Sentinel platoon. ... I think they're very lucky to have her."

Garrell said it's important and significant that Stanek became a 14J "Because it's a shortage MOS, especially in 1/3. So it's now more important to integrate females in. This is a historic moment for us."

The Air Defense Artillery branch has a history of breaking barriers, according to Garrell. It was the first branch with a female combat arms battalion commander — Lt. Col. Heidi Brown, who commanded a

Patriot Missile battalion at Fort Bliss, Texas.

Stanek hopes to continue that proud tradition. "It feels great to be the first 14 Juliet. I just hope other females feel the same — that it's great to be a Juliet."

"Just don't let the males stop you from doing what you went to school for. It's tough; you just have to pull your own weight. ... I just want males to accept me even though it's the front lines, because I can pull my own weight."

**"She came into the battalion extremely motivated and confident in her abilities to be a 14 Juliet."**

Maj. Dan Garcia  
1/3 ADA S-3



# Keep the change ...

## More students to travel on government's dime

Michelle Bard  
Army News Service

WASHINGTON — Each holiday season, military families stationed overseas turn to the Dependent Student Travel Entitlement to reunite them with children attending college in the United States. Now modifications in the program, to include expanding the types of students, will help more families spend this holiday season together.

The Dependent Student Travel Entitlement, contained under the Joint Federal Travel Regulations, is an 18-year-old program that originally granted undergraduate college students a round-trip commercial flight each fiscal year to visit parents stationed overseas at government expense.

Changes in the entitlement this year now allow students attending approved vocational and technical classes and even those attending graduate programs to use the entitlement as well.

“It’s more than going to college anymore,” said Thomas E. Gray, chief, Transportation Plans and Operations Branch, Total Army Personnel Command and functional proponent for the program.

“Regardless of where their kids are going to school, it doesn’t hurt to go down...and at least check to see if they’re eligible for the entitlement,” he said.

There was a big push for change from Gray and other employees, as PERSCOM maintains policy and procedural oversight.

“It was a big heartache for me because a lot of kids don’t go to college, but go on to some sort of secondary post-high

“A lot of effort goes into getting young people to their families at Christmas time.”

Thomas E. Gray  
Chief, Transportation Plans and Operations Branch, Total Army Personnel Command

school education,” Gray said.

Gray said the idea did not go over well at first.

“There weren’t a lot of people who wanted to hear it, but eventually they heard us out,” he said.

Gray said before the program was created in 1984, college students with parents in the Armed Forces overseas were restricted to one flight a year on space-available Air Force flights with destinations limited to common locations like Germany, France and Japan.

“If you had a soldier in Australia or Singapore, their kids were just out of luck,” Gray said.

Gray and other Army personnel believed army members should have the same entitlement other federal employees had, so the program was born. He said the Army was in for a surprise when it started getting applications for the program.

“I think the Army totally underestimated how many people would go.”

Between 2,000 and 2,500 students use the entitlement each year, Gray said.

In addition to travel, the entitlement also allows the student to ship or store up to 350 pounds of unaccompanied baggage. The Army arranges for the packing, pickup and shipping of the goods to the soldier’s duty station overseas and for the return back to the student’s residence.

To be eligible for the entitlement:

- o The student must be under 23 years old and unmarried.
- o The overseas soldier must be serving a “with dependents” tour and be accompanied by dependents who reside in the area of the duty station.

- o The student must attend a school in the United States fulltime. Students attending service academies are not eligible to use the Dependent Student Travel Entitlement, as someone cannot be in the service and dependent simultaneously.
- o If a student attends a vocational or technical school, the school must:

  - o Provide a program of training to prepare students for gainful employment; and
  - o Have been in existence for at least two years and be accredited by an organization recognized by the Secretary of Defense.

- o To apply for the entitlement, soldiers need to visit their local Personnel Services Branch and bring documentation proving the student is command sponsored and meets the requirements for eligibility. The student must also have a “No Fee” passport and visas if necessary.
- o Gray said the earlier soldiers get their applications in, the earlier travel plans can be made, especially if the student wants to travel during the peak travel months from November to January.
- o “A lot of effort goes into getting the young people to their families at Christmas time because the time frame is so short,” Gray said.
- o Gray said PERSCOM has gone to great lengths over the years to help reunite students with their families overseas. One student who had family stationed in Uruguay had to fly through almost every South American country and still had to take a boat in Argentina to get to his destination because there was no other way to get there, Gray said.
- o “My feeling has always been, when we enlist people in the Army we have this tacit commitment to them, a promise, that we are a family and we take care of our own,” Gray said. “And if we don’t do that, then we’re not filling an obligation that we make as much to the soldiers as we do to their families.”
- o Soldiers or family members who have questions about the dependent student travel entitlement can send them to PERSCOM at **ATAC@hoffman.army.mil**.

# Bush says terrorists will face justice

Linda D. Kozaryn  
American Forces Press Service

WASHINGTON — Al-Nashiri is a killer who has been brought to justice, President Bush said Nov. 22.

Americans and all freedom-loving people “are one person safer as a result of us finding this guy,” Bush said in St. Petersburg, Russia, after meeting with Russian President Vladimir Putin.

According to press reports, Abd al-Rahim al-Nashiri is the suspected mastermind behind the bombing of the USS Cole that killed 17 sailors during a stop in Yemen in October 2000. U.S. officials said he was arrested earlier this month.

He is considered one of the highest-ranking al Qaeda leaders captured to date.

Al-Nashiri’s capture sends the message that the United States and its partners are “making progress on the war against terrorists,” Bush said. “We’re going to hunt them down one at a time; that it doesn’t matter where they hide. As we work with our friends, we will find them and bring them to justice.”

Bush stopped in Russia after attending the NATO summit in Prague, Czech Republic, where the alliance invited seven new members into its fold: Latvia, Estonia, Lithuania, Bulgaria, Romania, Slovakia and Slovenia.

Bush said the mood of the NATO countries is that “Russia is our friend; we’ve got a lot of interests together; we must continue our cooperation in the war on terror; and the expansion of NATO should be welcomed by the Russian people.”

After all,” he noted, the new NATO member nations are “pledged to peace, and pledged to freedom.”

Bush concluded his remarks by describing relations between the United States and Russia “as very good.”

Putin said the two leaders had discussed “practically everything between the sky and earth.” He said topics included cooperation in energy and high technology, Russia’s relations with NATO, the problem of terrorism and cooperation on matters of strategic stability. The Russian president concluded that the meeting had been very productive and fruitful.

**"The only Marine base Sam had seen was made of plastic."**

All Sam wanted to do was visit Parris Island, the South Carolina Marine base where his dad was once a drill instructor. But after touring the barracks and eating in the chow hall, Sam became the 15th Honorary U.S. Marine — thanks to the Make-A-Wish Foundation.

Help turn more dreams into reality for children with life-threatening illnesses. Contact the Make-A-Wish Foundation today.

**1-800-722-WISH**  
**www.wish.org**



# VOICES AND VIEWPOINTS

## President's holiday message encourages Americans to renew commitment to strengthen nation, face new challenges and ... Give thanks for opportunity

In celebration of Thanksgiving Day 1902, President Theodore Roosevelt wrote, "Rarely has any people enjoyed greater prosperity than we are now enjoying. "For this we render heartfelt and solemn thanks to the giver of good; and we seek to praise him — not by words only — but by deeds, by the way in which we do our duty to ourselves and to our fellow men."

President Roosevelt's words gracefully remind us that, as citizens of this great nation, we have much for which to be thankful; and his timeless call inspires us to meet our responsibilities to help those in need and to promote greater understanding at home and abroad.

As the pilgrims did almost three centuries ago, we gratefully give thanks this year for the beauty, abundance, and opportunity this great land offers. We also thank God for the blessings of freedom and prosperity; and, with gratitude and humility, we acknowledge the importance of faith in our lives.

Throughout the Thanksgiving holiday, let us renew our commitment to

make our country and our world better. As we welcome new opportunities and face new challenges, we are thankful for the resolve and generosity of so many of our people who are touching countless hearts and souls through thoughtful acts of kindness. By answering the call to serve others, Americans are building a culture of service that strengthens our nation.

We also honor and salute the selfless sacrifice of the brave men and women of our Armed Forces who are defending our lives and liberty at home and abroad with skill, honor, and dedication.

This Thanksgiving, we recognize the ties of friendship and respect that bind us together. And we renew our pledge to uphold the timeless principles of freedom, equality, and opportunity that have made our country into a great nation.

By working together, we will continue to build mutual trust, peace, and hope for all across this land and around the world.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United

States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim Thursday, Nov. 28 as a National Day of Thanksgiving.

I encourage Americans to gather in their homes, places of worship, and community centers to share the spirit of understanding and unity, and of prayer, as we express our thanks for the many blessings we enjoy.

I also encourage Americans to reach out in friendship to the larger family of humankind.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-first day of November, in the year of our Lord two thousand two, and of the Independence of the United States of America the two hundred and twenty-seventh.

**President George W. Bush**

*Commander in Chief*



**Kelly Miller**

Special to The Frontline

## Mother, wife shares her lifelong struggle to overcome, life with Bipolar Disorder

extremely angry most of the time, but I was still able to function. Others can't even get out of bed. It can cause bizarre and inappropriate actions by the person who has a brain disorder. There are many ways it can cause people to suffer.

I can trace my problems all the way back to when I was seven years old. That is the earliest memory I have

on an anti-depressant and given psychotherapy for a few months. This did little to alleviate the problem. So my medicine was switched and switched and switched until finally I was fed up with all the changing and went off the medicines. I would go back on the medicines off and on. "Just until I feel better." It wasn't until a year ago that I was finally diagnosed and put on a mood stabilizer. That was

ple and could only deal with a select few. Or else there was something wrong with everyone else. I was the way I was and too bad if you didn't like it. That was your problem not mine. Inside though, I hated myself and was feeling as if I was the lowest thing on earth. I did a very good job of hiding it from the outside world. It was just the people closest to me who saw the "real" me. I even managed to hide the worst of it from my husband for the first two years of our marriage. Once I got pregnant the first time there wasn't any more hiding it. The demon had reared its ugly little head and wasn't going to go away. But like I said previously, there wasn't anything wrong with me. It took me two more years to admit that there might be something there and another three more years before I was able to get the right diagnosis and six months more to get the right medicine that would work for me.

*For the rest of Kelly Miller's story, and information on where to get help for mental illnesses, see page 4A of next week's The Frontline.*

**"I was fortunate that I was still able to function in my day-to-day life. I was extremely angry all the time."**

**Kelly Miller**  
Bipolar Disorder sufferer

of wanting to harm myself. Maybe not kill myself, but at least hurt myself in some way. That pattern continued until my late teens.

Until my second child was born, I was in denial about there being anything wrong with me. When she was born, there wasn't any more denying that there was a problem. Initially it was thought to be "just" postpartum depression. I was put

the start of a new life for me.

My entire life I have swung from moderately depressed and feeling as if I had no control over my life to feeling good about myself and knowing that I was the only person who could control my life. My moods went from sad to happy to angry in a matter of minutes or hours. I just always thought I had a low threshold for peo-

## Flag Code format for flying flags high

The flag Code, as adopted by the 77th Congress in 1942, formalized how the United States Flag should be displayed in various situations, whether it's atop a flag pole, displayed on your front porch or waving from your car's antenna.

### Outside

★The flag should only be displayed from sunrise to sunset, unless it is illuminated.

★The flag should not be displayed on days of bad weather unless an all-weather flag is used.

★The flag should be fixed firmly to the

chassis or right fender of a motorcar - never draped over the hood, top, sides or back.

★When the flag is suspended over the middle of a street, it should hang vertically with the stars to the east or north.

### Inside

★When the flag is displayed either horizontally or vertically against a wall, the field of stars (Union) should be uppermost and to the flag's own right - the observer's left.

★The flag should always be placed to the right of a speaker or staging area. Other flags should be placed on the

left.

### With other flags

★When flags of two or more nations are displayed, they are to be flown from different shafts of the same height.

★All flags should be approximately the same size. International usage forbids the display of one nation's flag above that of another during times of peace.

★The U.S. flag flies at the center and highest point of a group when flags of states, localities or societies are displayed together.

## Marne Voice

THE FRONTLINE

Readers respond to the question:

**What's your family's favorite Thanksgiving Day tradition?**

**"We like to watch the Macy's Thanksgiving Day Parade with all our friends and family members."**

**Becky McConaghy**  
U.S. Army retired



**"My family likes to get together for a barbecue instead of a regular turkey dinner."**

**Spc. Clement Calimlim**  
123rd Sig. Bn.

**"We all have hectic schedules in my family, so the best part of Thanksgiving is taking a day out of the year to be together and appreciate each other."**

**Master Sgt. Michael Varner**  
2/7 Inf.



**"We like the turkey and the stuffing, seeing everyone and having fun."**

**Brenda South**  
5th grade student  
Diamond Elementry

**"My family watches the thanksgiving football games and eats dinner at my grand-ma's house each year."**

**Staff Sgt. Brian Huggins**  
HHB, 1/3 ADA



**"I have a small family, so for us it's basically the meal."**

**2nd Lt. Frank Castro**  
3/7 Inf.

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**Write a letter to the editor!**

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**Suite 101**  
**Fort Stewart, Ga. 31314-4941**

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# Knowing deployment cycles help military families

**Spc. Erica Leigh Foley**

28th Public Affairs Detachment

BAGRAM, Afghanistan — With upcoming combat operations, humanitarian missions and peace enforcement, U.S. troops are deployed around the world. The downsizing in the last decade has increased the chances of each servicemember having extended missions. The long separation from families have raised concern among two-thirds of married servicemembers, according to Army Medical Health Services.

Different coping strategies are essential through the different stages of deployment.

“Having an idea of what is to come and what to expect can help minimize familial trauma, avert crises and increase the availability for mental health counseling during the five stages of a deployment,” said Maj. Valvincent A. Reyes, combat stress control, 113th Medical Company, Los Angeles.

These stages are pre-deployment, deployment, sustainment, re-deployment and post deployment.

## Pre-deployment

This starts with the word of the deployment coming down the chain of command and ends when the servicemember departs the home station.

This stage is characterized by anticipation of loss and denial. As the date of departure draws nearer, spouses often ask “Do you really have to go?”

During this stage, servicemembers tend to talk more about work and fellow servicemembers in the unit. The troops start to bond before the mission starts; this is essential to the success of the deployment. Although this is very important for the unit and the servicemember, it can create distance from spouses. This is when it is common for comments such as “I wish you were gone already!” come in since they are already feeling abandoned, even though you are still there, said AMHS.

With the acceptance of the reality of the deployment, family matters prepare wills, security plans, plan on what to do if a child is sick, or try to “stock up” on intimate moments.

At the same time, fears about marital integrity come up, although they may go unspoken.

It is common for there to be a significant argument during this time. For couples who have gone through deployments before, they tend to take the arguments less seriously than a younger couple might and an argument prior to deployment could be catastrophic to the relationship.

One way to help ease the tension is to make sure the lines of communication are open. It’s important to discuss in detail what is expected of each other during the deployment including decision-making, contact with members of the opposite gender, budgeting and what to send in care packages, according to AMHS.

“Fort Bragg is in the process of establishing a working group to provide increased counseling services to family members during the pre-deployment phase,” Reyes said.

## Deployment

From the time the servicemember departs through the first month of deployment is considered the deployment stage.

Mixed emotions of anger and disorientation are common. The servicemember leaving can make the spouse feel empty, sad or abandoned. It is common to have difficulty sleeping and increased insecurity.

On the plus side, because of technology servicemembers can call and e-mail home fairly often. Reconnecting with loved ones is a stabilizing experience for both parties.

Use of the Internet and phone calls allow couples to work through problems. It’s much faster than writing letters and can make it easier to resolve problems in a timely manner. “On the other hand, that can be a double-bladed sword,” said Reyes.

Unfortunately, when servicemembers have “bad” phone calls, the inability to be there and try to work things out is frustrating. The servicemember can feel helpless in matters of their own life. If there is a break in, it is hard for a servicemember to reassure family members of their safety without being there.

## Sustainment

The sustainment stage is from the first to fifth month of deployment.

Establishing new forms of support and routines and finding new people to rely on such as church members, family, friends or the unit’s family readiness group is one of the main stages in this phase.

Children also respond to a parent being gone in different ways depending on their personality and their age. A negative change in a child’s behavior is predictable when a parent is deployed.

“There must be a strong bond between the servicemember’s chain of command and the family readiness groups to provide ongoing communication in case of family emergencies,” Reyes said.

Despite all the obstacles in a deployment for families, most members negotiate successfully through the sustainment phase and anticipate the loved one coming home. Having a routine as close to normal as possible will help the child adapt to the stress of having a deployed parent, according to AMHS.

## Re-deployment

A month before the servicemember is scheduled to return marks the beginning of the re-deployment stage and continues until the servicemember touches ground at his home station.

Intense anticipation is the best way to describe this period. On one side of the coin there is the excitement of the servicemember coming home and on the other is apprehension.

“For the servicemembers, there is an established re-deployment psychological screening survey given to all re-deploying servicemembers to help underlying emotional problems which may occur with family members upon their arrival,” said Reyes.

The survey is meant to identify possible alcohol and drug problems, family relationship problems, depression and anger.

“If the problem is serious, a referral to continue counseling to remedy the situation is made for follow up care,” Reyes said.

Questions such as “Will he agree with the decisions I have made? Has this deployment changed him? What changes will go on in the house when he gets back?” arise.

With the end of the deployment approaching, there is a renewed difficulty in making decisions for many. Second-guessing what the servicemember coming home would like.

Some spouses experience a surge of energy, trying to get the “honey-do” list done before the servicemember returns. Returning servicemembers typically have high expectations.

## Post deployment

This phase begins upon arrival and continues for the next three to six months. The post deployment period is full of homecoming, reintegrating and reestablishing family routines.

Smiles, tears and hugs fill the scene during a unit’s homecoming. Being together mentally may not happen as quickly as the physical reuniting. There may be some awkwardness in bed or in the daily routines. There can be a sense of lost independence for both the spouse and the servicemember. The way things are done around the house may have changed while the servicemember was deployed, and will take some getting used to when returning home, according to AMHS.

Eventually, with patience, the servicemember regains his role as an active family member. It is unrealistic to think after six or more months, the family has gone unchanged.

The U.S. military is working together to ensure the future health and retention of its members and to ensure they are taken care of. Health care professionals and military leaders are increasingly more prepared to support family and servicemember needs throughout deployments. They do this by informing servicemembers and family members of what to expect and ways to deal with issues when they arise.

| How deployments affect children & the treatments that help |              |                        |                |                                     |
|--|--------------|------------------------|----------------|-------------------------------------|
|  | Ages         | Behaviors              | Moods          | Remedy                              |
| Infants  | Under 1 year | Refuses to eat         | Listless       | Support for parent, pediatrician    |
| Toddlers   | 1-3 years    | Cries, tantrums        | Irritable, sad | Increase attention, holding, hugs   |
| Preschool  | -6 years     | Potty accidents, cling | Irritable, sad | Increase attention, holding, hugs   |
| School age   | 6-12 years   | Whines, body aches     | Irritable, sad | Spend time, maintain routines       |
| Teenagers  | 12-18 year   | Isolates, uses drugs   | Anger, apathy  | Patience, limit setting, counseling |

# New VetFran puts vets in business

*Program makes owning a franchise more affordable for veterans*

## Veterans Affairs

Press Release

WASHINGTON — Owning a franchise operation is now more affordable for veterans, thanks to a program recently announced by Secretary of Veterans Affairs Anthony J. Principi.

The Veterans Transition Franchise Initiative, commonly known as “VetFran,” allows veterans to acquire a franchise with a downpayment of 10 percent or less of the initial franchise cost, which generally ranges from \$45,000 to \$150,000 for a small business. Franchising companies absorb the difference.

“Veterans are self-starters who possess an excellent work ethic. They are leaders who know how to manage others,” Principi said. “The VetFran program provides veterans who want to be in business for themselves a wonderful opportunity to get their feet in the door.”

Dr. Leo S. Mackay Jr., VA’s Deputy Secretary, was the featured speaker at a Sept. 24 meeting of the International Franchise Association, VetFran’s sponsor, to launch the new initiative.

Mackay also attended the annual convention in Orlando, Fla., earlier this year where the two organizations signed a Memorandum of Understanding that they will work to promote franchise opportunities for veterans. IFA’s Chairman Jim Amos, President/CEO of Mail Boxes Etc,

Inc., joined him in signing the MOU. “I am convinced that the partnership we are embarking on is a win-win collaboration. It represents confidence in our nation’s veterans, benefits to our economy, and an investment in the future of America” said Mackay.

IFA first introduced VetFran in the early 1990s as a way for franchisers to express gratitude to military members for their service during the Gulf War. In the last several years, the program had all but been forgotten.

The current war against terrorism has rekindled interest in extending franchise opportunities to military veterans.

A Hawaii veteran recently became the first to acquire a franchise under the revitalized VetFran program, obtaining a franchise for Expectec Technology Services, a technology supplier headquartered in Garden Grove, Calif. He paid \$40,000 instead of the \$60,000 he would have paid without VetFran.

Currently, VetFran is limited to franchises with initial investments up to \$150,000, the maximum loan amount on which the SBA offers 85 percent loan guarantees.

So far, nearly 75 franchisers are participating. VetFran may expand later to include franchises costing more than \$150,000, for which the SBA offers 75 percent loan guarantees.

“When they one day put aside their uniforms, today’s servicemen and women must know that they will have real means and opportunities to pursue a career, and make a living for themselves and their families,” said Mackay. “This initiative helps provide that.”



## The low-down on VetFran

### ☞The Veterans Transition

Franchise Initiative allows veterans to acquire a franchise with a downpayment of 10 percent or less of the initial franchise cost, which generally ranges from \$45,000 to \$150,000 for a small business.

Franchising companies absorb the difference.

☞Currently, VetFran is limited to franchises with initial investments up to \$150,000 — the maximum loan amount on which the SBA offers 85 percent loan guarantees.

☞Nearly 75 franchisers are participating.

☞In the future, VetFran may expand to include franchises costing over \$150,000 — for which the SBA offers 75 percent loan guarantees.

☞Additional information is available on VA’s Web page at: <http://www.vetbiz.gov/>.

# VA improves funding for medical facilities

## Veterans Affairs

Press Release

WASHINGTON — Secretary of Veterans Affairs Anthony J. Principi has announced an overhaul of the five-year-old system that determines how much federal funding the regional health care networks of the Department of Veterans Affairs receive for treating veterans.

“Eligible veterans should receive the same level of care, regardless of where they live or what their medical needs are,” said Principi. “By improving the fairness of the process and focusing better on patients with severe disabilities, these changes will strengthen the ability of VA clinics and hospitals to meet the needs of their patients.”

VA allocates funds to its medical facilities through 21 regional networks.

Allocations are based on the number of veterans and the severity of their illnesses under a system established in 1997 called the Veterans Equitable Resource Allocation.

“We’ve carefully considered many options,” Principi said. “The changes I have approved are sound ones taken from recommendations by the General Accounting Office and the Rand Corporation.”

### The latest refinements will allow VA to:

- \* More accurately tie VA funding for networks to the complexity of care received by patients, with per-patient funds ranging from about \$263 to more than \$60,000;
- \*Provide more funding to networks for the most severely ill patients;
- \*Eliminate the need for special mid-year funding supplements for networks by addressing the issues that previously led to such requests;
- \* Contain and manage workload growth.

VERA was part of a broader plan to transform VA’s health care system from a confederation of individual medical centers and clinics focused primarily on inpatient care to a fully integrated system that expands primary and ambulatory health care.



# Indians fight America’s wars because ‘This is our country, too,’ Choctaw says

**Rudi Williams**  
American Forces Press Service

CHOCTAW, Miss. — He didn’t call it patriotism, but that’s exactly what it was when Frank Henry joined the Army at age 17 in November 1944. Though his people were among the first to inhabit this country, he wasn’t a citizen then and didn’t have a draft card or any of the other things citizens have.

But he still wanted to do something to help “his” country during World War II. He asked his mother to sign paperwork so he could join the Army and she agreed. Being a member of the Mississippi Band of Choctaw Indians meant Henry had none of the privileges of citizenship, but, “The war was going on and I wanted to do something to help out,” he said.

“Indians were not supposed to go in the military back then,” said the 74-year- old war veteran. “The military was mainly for whites. My category was white instead of Indian. I don’t know why they did that. Even though Indians weren’t citizens of this country, couldn’t register to vote, didn’t have a draft card or anything, they took us anyway.

“Here (Mississippi) it didn’t matter because our boys were dying on the front line and they needed some more,” Henry noted. “Right here in this county, a lot of good young men didn’t go because they knew the politicians. I didn’t have to go, but I wanted to.”

After basic training at Camp Blanding, Fla., Henry became an infantryman and was assigned as a machine gunner and ammunition carrier in a heavy equipment company in the 78th Division. He went to Europe in January 1945.

“It took us a couple of weeks to get to Le Havre, France, on a troop ship,” Henry noted. “After a two-week orientation, we took a troop train headed east and went to Nuremberg, Germany.

“I was in the tail end of the war, but I was in the war zone in a machine gunner company. The only action I saw was guarding the rear echelon,” Henry said from his bed in the Mississippi Band of

Choctaw Indian Hospital.

It was his third week in the hospital after having his left leg amputated because of diabetes complications.

“After the war, we followed the troops all the way to Berlin and we were stationed there as an occupation force,” he noted. “After being in the infantry for awhile, I transferred to a medical unit and became an assistant ambulance driver. I got away from that machine gun.”

“P-F-C,” Henry said with a chuckle when asked the highest rank he made in the Army.

Noting that his cousin was killed in action, he said, “Indian people fought for this country and we had a good reason — because this is our country. But I wasn’t granted citizenship until after the war and I was attending Bacone Junior College in (Muskogee) Oklahoma. They were not granting citizenship to Indians in Mississippi at that time. It was all backward. They should have given me a citizenship before I went in the Army.”

After getting an associate’s degree in general education at Bacone, Henry received a scholarship to attend the University of Southern Mississippi in Hattiesburg, where he earned a bachelor’s degree in elementary education.

His first job after college was as a community health educator at the old Indian hospital in Philadelphia, Miss.

About a year later, he was promoted to acting administrator. He became the hospital director after finishing his business administration studies.

“I worked at the hospital until the tribe took over the operation,” he said. “I then taught elementary school for 12 years. I was 65 and decided to retire because my legs started bothering me and I couldn’t stand up to teach.”

Henry said the discipline and leadership skills he learned in the Army helped him in later life. “Discipline is so important, and when the Army teaches it to you, you don’t forget it,” he said. “I used it when I was running the hospital. I knew how to supervise, be a



Rudi Williams

**Choctaw Indian Frank Henry, a World War II veteran, said, “Indian people fought for this country and we had a good reason — because this is our country, too.”**

leader and discipline my subordinates. Those are some of the things I learned from the service and it helped me a lot in civilian life.”

There was no such thing as American Indian Heritage Month when Henry was in the Army, but in his view, having a month set aside to recognize the heritage and culture of Indians is important for young people.

“They don’t know our heritage and our history. They need to know these things. They can always point a finger and say, that person was in the service. Maybe I want to go into the service,” he said.

“The history of our Choctaw nation is taught in schools on the reservation but we need to expand that,” he continued.

“A lot of people, Choctaw and non-Indians, don’t know much about Indians serving in the military. We need to be recognized, and people need to know that we have served our country.

“If war broke out today, we’re going to have to go to serve our country,” Henry said.

# Veterans history project keeps war memories alive

**Sgt. 1st Class Doug Sample**  
American Forces Press Service

There are over 19 million veterans living in the U.S. today. With each is a personal story of battles fought, victories and defeats. Each story, though sometimes heartbreaking, is full of love, dedication and patriotism.

That’s how Peter Bartis describes his work with the Veterans History Project. The grassroots effort that began two years ago — and has now caught fire — is hoping to keep those memories alive.

Bartis, a senior program officer for the project, said that each day some 1,500 U.S. veterans die — and with them a treasured part of the nation’s past. “These are some of the most amazing stories; when you put them all together you get a story of the nation,” he said.

Over the past year alone, the project’s staff of 16 has already collected more than 14,000 items, such as letters and other memoirs, and video and audiotape interviews.

“We’re all just blown away by these stories,” he said. “The information has been very rich, it’s been emotional, and it’s very heartening to listen to the stories, to learn how and why they (veterans) joined, their war-time experience.”

With the idea that future generations could learn from the histories of the nation’s veterans, the American Folklife Center at the Library of Congress, began the effort to collect

video and audio recordings of personal histories and testimonials of American war veterans — men, women, civilians who served in World Wars I and II, and the Korean, Vietnam and Persian Gulf wars. The center needs contributions of civilian volunteers, support staff, and war industry workers also.

Bartis said the amount of regular mail and the number of e-mails and phone calls vary from day to day, “but the response to this project has been enormous.” “We get to know a lot of these people personally. That’s the fun part,” he said. Aside from the thousands of items received from everyday Americans each year, Bartis said the project has gained tremendous support from the corporate community as well.

The Veterans History Project’s official Web site lists more than 50 national partners and support organizations from every state. The military services contribute through offices such as the Army’s U.S. Center of Military History and the Naval and Marine Corps Historical centers, as well as DoD’s official committee commemorating the 50th Korean War anniversary. Major national veterans associations are well-represented also.

“This is not our project or the library’s project. This is the nation’s project,” Bartis said. “We want people of all walks of life to feel ownership of this project.” To learn more about the Veterans History Project, visit [www.loc.gov/folklife/vets](http://www.loc.gov/folklife/vets).

**“This is not our project or the library’s project. This is the nation’s project.”**  
**Peter Bartis**  
Senior program officer for the Veterans History Project

## If you accidentally discover an archaeological site on Fort Stewart:

1. Cease what you are doing immediately.
2. Notify Range Control at 767-8777.
3. Do not attempt to unearth the object or remove it.

# Commissary deployment centers offer soldier-necessities

Bonnie Powell  
DeCA

FORT LEE, Va. - Deploying service members have to move in a hurry. They don't always have a lot of time to worry about shopping for the little things they miss from home. Problem is, you just never know how much you need dental floss - until you don't have any!

Defense Commissary Agency Director Maj. Gen. Michael P. Wiedemer wants to make sure U.S. military servicemembers are a little more comfortable while they're deployed. "We're putting together 'deployment centers' at key commissary locations featuring items military members might need while they are deployed," said Wiedemer. "This is one way we can make it easier for them to shop before they leave, and it's an easy way for family members and friends to pick up items to include in care packages from home."

Participating commissaries have the deployment centers at the front of the store with a wide assortment of items for "care packages" including nonperishable food items such as nuts, instant soup, jerky, dried fruits and sport drinks. There will also be

## DEPLOYMENT CENTER FEATURES

### ✓ Nonperishable food items:

Nuts, instant soup, jerky  
dried fruits, sport drinks



### ✓ Care package and health & personal care items:

Batteries, wipes, lip balm, insect repellent, dental floss

batteries and health and personal care items such as wipes, lip balm, insect repellent and dental floss.

"The items in the deployment centers are not the result of guess work," said DeCA Deputy Director Pat Nixon. "It's a tested assortment from military servicemembers and as a former Marine I can vouch for just how much having some of these items, or receiving them from home, can mean to troops out in the field."

Some of the items on display might seem odd - Louisiana hot sauce for one. "But that's actually one of the most requested items from deployed service members looking for something to spice up their food," said Bob Vitikacs, DeCA executive director of operations and product support. "And zip lock bags, for example, keep valuables dry and

keep crackers and other snacks fresh after opening."

Items featured in the deployment centers will not only come in handy, they'll carry rock bottom price tags. "Manufacturers and vendors who sell groceries in commissaries were extremely receptive to this idea, responding with major price reductions," said Vitikacs. "Average commissary savings overall are about 30 percent. These items offer savings of 40 percent to 70 percent, depending on the item."

"Our plan is to implement phase two of the deployment center project in mid-December," said Vitikacs. "American Logistics Association representatives will partner with DeCA to assemble pre-boxed commissary care packages - all for under \$20 each." The ALA is a non-profit

trade organization supporting the military resale and morale, welfare and recreation industry. "We'll have a food package, a health and personal care package and a battery package," he said.

"That way it will be convenient for friends and families to stop by and pick up a care package to send to their deployed loved ones."

With headquarters at Fort Lee, Va., DeCA operates nearly 280 commissaries worldwide, providing groceries to military personnel, retirees and their families. Commissary patrons purchase items at cost plus a 5-percent surcharge, which covers the construction of new commissaries and the modernization of existing stores.

Patrons save an average of 30 percent or more on their purchases compared to commercial prices. These savings are worth more than \$2,400 a year for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

## Commissary Fast Facts:



Commissary shoppers around the world might as well plan now to loosen their belts because there's plenty of food - like 8 million pounds of turkey - ready to be bought for Thanksgiving.



Commissary management specialists project 6 million pounds of frozen whole turkeys and 800,000 pounds of fresh whole turkeys will be sold in commissaries this year.



Add 850,000 pounds of frozen turkey breast meat and 130,000 pounds of fresh turkey breast meat and the total reaches nearly 8 million pounds! If turkey is not your favorite for the feast, don't worry. Your commissary has ham, chicken and a large selection of other meats to please any appetite, all at significant savings.



## 10 Things You Can Do to Help the Environment



1. Use water-based paints.
2. Recycle your house- hold trash.
3. Compost yardwaste.
4. Plant trees.
5. Conserve energy.
6. Buy non-aerosol products.
7. Carpool.
8. Keep your car engine tuned.
9. Recycle used motor oil.
10. Choose less packaging.



# Getting a feel for the machine



Staff Sgt. Brian Sipp

General Hilmi Ozkok, commander of the Turkish Armed Forces, receives instructions from Capt. Jeffrey S. Rains, 1/3 AVN, as he sits in the cockpit of an AH-64D Longbow Apache helicopter. The Turkish delegation toured Hunter Army Airfield as guests of Maj. Gen. Buford C. Blount III, 3rd Infantry Division, Fort Stewart and Hunter Army Airfield commanding general, Nov. 6.

## Policy

from page 1A

loss in support of ONE and OEF, dated Nov. 30, 2001; Dec. 27, 2001; Feb. 8, 2002; and June 4, 2002. The first increment focused on Active Army Special Forces soldiers and certain Aviation specialties. The second and third increments expanded the previous coverage to include additional skills and specialties, and to include members of the Ready Reserve. The fourth increment lifted stop loss for selected skills from Stop Loss 1-3 and included additional skills and specialties, to include members of the Ready Reserve, for Stop Loss 4.

Additionally, on Aug. 31, Brown changed the overall stop loss program from an open-ended policy to one of only 12 months duration by approving the 12-month Soldier Stop Loss Policy.

Prior to ONE and OEF, the Army last used stop loss during Operation Desert Shield/Desert Storm in 1990 when President George H. Bush delegated stop loss authority to the Secretary of Defense.

Stop loss does not affect most involuntary separations or retirements, nor does it generally limit laws, regulations or policies that lead to involuntary separations, retirements, or releases from active duty.

The Army continues to reevaluate stop loss on a monthly basis and to use it as a tool to maintain unit readiness.

Soldiers should contact their servicing personnel activity for more details or questions.





# 3ID IN BRIEF

## Stewart

### School Board meetings

Be involved in your child's education and learn what is happening at schools located on Fort Stewart. The following is the school board meeting schedule for Diamond and Brittin Elementary schools for the duration of the school year. All meetings are held at 4:30 p.m.  
Jan. 23 at Brittin  
Feb. 20 at Diamond  
Mar. 22 at Brittin  
April 17 at Diamond  
May 15 at Brittin

### American Red Cross

The American Red Cross is currently seeking individuals who are interested in volunteering at the hospital, youth center, bowling alley, gym, library and Red Cross Office. We are also seeking to fill volunteer leadership positions. For more information, call 767-2197.

### Officer candidate school

The next HQDA Officer Candidate School selection board will be conducted at PERSCOM, Jan. 27 through Jan. 31. The Fort Stewart local OCS Board will be conducted at 6:30 a.m., Dec. 11, in the 3rd SSB Conference Room located in Building 621, second floor, Room 215. The deadline for packets to be turned in to the Personnel Action Section, Room 212, B Company, 3rd SSB, Building 621, is Nov. 25.

### NCO and Officer Calls

Club Stewart Officer Call is in the Liberty Room Lounge and NCO Call is in the Rockets Lounge. Both are from 5 to 9 p.m., Fridays, except training holidays.  
Free snacks; hot dogs for sale. Bring your spouse.

### American Red Cross

The Fort Stewart station of the American Red Cross is located in Building 623 off Wilson Avenue. Hours of operation are 8 a.m. to

4:30 p.m., Monday through Friday. For more information, call 767-2197/4750. After-hours emergency message service available at (877) 272-7337.

### Thrift Shop volunteers

The Fort Stewart Thrift Shop is in need of volunteers to help run the business. Volunteers help take care of customers and consignments. Without the necessary volunteers, the Thrift Shop will be unable to take as many consignments. For more information, visit or call the Thrift Shop at 876-2667. Ask for Irene or Wendy.

### Life Skills class

As part of the installation's Operational Stress Control Program, Division Mental Health is offering Life Skills training for soldiers, noncommissioned officers and junior officers.

The objectives are to help people develop skills relating to dealing with difficult people, achieving goals, listening skills, differences between self-talk and reality, and passive, aggressive and assertive communication. For more information, call 767-2545.

### Join Special Forces

The Special Forces recruiting office is seeking professional enlisted and officer volunteers to join the ranks of one of America's most premier fighting forces.

Available class dates for Special Forces assessment and selection are Jan. 12, Feb. 16 and March 23.

Both combat and non combat MOSs may apply. To learn more about Special Forces, attend the weekly briefing at Hunter, noon and 4 p.m., Tuesdays at the Education Center or Fort Stewart, 10 a.m., 2 or 5:30 p.m., Wednesdays, at the Recruiting Office, Building 132 (Coastal Communications.)

For more information, call 767-1857.

## Hunter

### Hunter Club Theatre

The Army Theatre Touring Company's production of "Lift Up Your Hearts America," will be presented at the Club Stewart on Dec. 2 and at the Hunter Club on Dec. 3 at 7 p.m. Tickets are now on sale at Club Stewart and the Hunter Club. Dinner plus show is \$13 and show only is \$5. The buffet meal begins at 6 p.m.

### Hunter traffic delays

Montgomery Gate construction began Nov. 18; Wilson Gate construction is scheduled to begin approximately 21 days later. Each gate will be down to one inbound and one outbound lane. You will not be able to exit through Middleground Rd. This will create delays. Plan accordingly and allow extra time to gain post access.

The worst times will be during lunch hours 12 to 1:30 p.m.; try to utilize on post facilities: dining facility, bowling alley, Hunter Club, Burger King.

### Rio Gate now open

The Rio Gate is now open to vehicles with Department of Defense decals only. The gate will be open at the following times: 5:30 to 9:30 a.m. and 4:30 to 6:30 p.m., Monday through Wednesday and Friday; 5:30 to 9:30 a.m. and 3 to 5 p.m. Thursday; 7 a.m. to 6 p.m. Saturday and Sunday. The gate will be closed on federal holidays.

### Hunter Lanes

Two-fer-Tuesday - Two people bowl for the price of one, 6 p.m. until closing, every Tuesday.

Casino Bingo - Friday and Saturday night, 9 p.m. until midnight. Win free bowling passes, prizes and cash; open to bowlers age 18 and over.

Dollar Day - All games \$1 opening to closing every Sunday. There

is a one-lane limit for parties of less than eight bowlers.

Super Bowling - Games only \$1 on Mondays and Wednesdays, noon to 6 p.m. Pay only \$2 a game on Tuesday, Thursday and Friday, 11 a.m. to 6 p.m.

Marvin's Corner Cafe — Serving the best food at Hunter Army Airfield. Call ahead for pick-up at 352-6279.

### Tree Lighting ceremony

There will be a Christmas tree lighting ceremony 4:45 p.m., Dec. 11, in front of Garrison Headquarters. The event is free and families are encouraged to attend.

### Toys for Kids

This Christmas, many of our military families will be separated. Many children will be missing a mom or dad due to deployments. It will be financially difficult for many of these families. We can help and show our patriotism by purchasing a toy. No money is accepted, only new toys. The drop locations will be at Midtown Deli at Chatham Plaza and all offices of Coldwell Banker Greater Savannah Realty. Also, many businesses will be collecting among their employees. For toy pick-up, call 658-8851

### NFL tickets

Reserve your tickets now for the Sunday Jaguars vs. Steelers game. Call 767-2841 for more information.

### Correspondence Courses

Do you need promotion points? Visit the Hunter Education Center to sign up for Army Correspondence Courses. Call 352-6130 for more information.

### Commissary closure

The Hunter commissary will be closed Nov. 28 and 29.

## Winn

### Blood Drive

The American Red Cross will be hosting a Blood Drive 10 a.m. to 3 p.m., Tuesday in the side parking lot near the outpatient clinic entrance. For more information, call Shaunte Davis at 961-5767.

### Flu Shots

Flu shots are now available in the immunization clinic for patients with high-risk medical conditions and those ages 65 and older. Six to 23-month-old children are also considered high risk and can receive the shot during well-baby visits. If you think you are high-risk, talk to your doctor to get a referral for the shot. Flu shots are expected to be available to the general public around mid-November. For more information, call 370-5085.

### Bereavement support

All military beneficiaries (soldiers and spouses), including retirees and their families, who have experienced the loss of a loved one, are welcome to attend monthly support group meetings, workshops, and consulting in Social Work Services, Building 311 (behind the ER). This support group meets the second Tuesday of each month. The next meeting is Nov. 12. For more information, call 370-6779.

### "Winn Delivers" videos

Expectant moms and partners unable to attend a scheduled labor and delivery tour at Winn can now borrow a video tape that contains a 15-minute "video tour." This video gives families a sneak peek at what to expect during and after delivery.

Copies are available in the OB-GYN Clinic on the fourth floor or at the public affairs office on the first floor.

### Medication refills

The Behavioral Health Clinic at

Winn provides medication refills on Tuesdays and Thursdays from 3:30 to 4 p.m. only. Call 370-6100 in advance as patients are seen on a first-come, first-served basis. Patients should keep their regularly scheduled appointments and obtain medication refills at that time.

### Prenatal/child birth class

This four-session class begins the first Tuesday of every month. Classes are held from 6-8 p.m. for four consecutive Tuesdays in the Winn dining facility. Expectant parents are encouraged to sign up to attend the class by the beginning of their third trimester.

To register for the class, call the Winn appointment line at 767-6633.

If you have questions, send an e-mail to [mary.gambrel@se.amedd.army.mil](mailto:mary.gambrel@se.amedd.army.mil).

### Winn Champions

Is your Family Readiness Group looking for a way to perk up meetings? Look into the Winn Champions program. Champions representatives from Winn or Tuttle will come to your meeting and talk about what the hospital has to offer you.

Get your questions answered and learn how to transfer your TRI-CARE enrollment, refill medication, schedule appointments and much more.

For more information, call Linda King at 370-6225 or Darla Vaught at 370-6143.

### Preventive Medicine moves

The Department of Preventive Medicine has moved to Soldier Family Health Clinic #2, located in Building 612 on the corner of Gulick Avenue and 6th Street. The HIV/STC and Audiology/Hearing Conservation clinics will remain at Winn. The phone numbers remain the same.

# Law enforcement with a touch of Army

**Sarah Underhill**

U.S. Army Soldier Systems Center

NATICK, Mass. — Not quite turning them into Robocops, the Law Enforcement/Corrections Tactical Uniform System may nevertheless reshape special operations law enforcement and corrections officers' ability to perform their jobs.

A prototype uniform designed by the National Protection Center at the U.S. Army Soldier Systems Center in Natick, Mass., is demonstrating how the current and future wave of warfighting research and development applies to crimefighting and prisoner control.

Drawing from resources at the Soldier Systems Center, the NPC has taken existing and potential future military technology and transferred it to law enforcement.

"We're transforming their capabilities by bringing them into the next century of technology," said David Querim, project engineer for the new uniform. Just as important as technology is integration of the components.

"We're engineers who think of all these things and bring it to the civilian first responder," Querim said. "Nobody has done this before for them."

Still, the Law Enforcement/Corrections Tactical Uniform System leaves room to adapt to the individual or group user. Querim said he envisions a base model that can be fitted with different options for police officers on a special operations team or corrections officers called to disperse riots.

"I could almost guarantee you that this suit could save a life within its first year of use," said Trooper Craig McGary, with the Massachusetts State Police. An 11-year veteran, the last five as a member of the Special Tactical Operations team, McGary has been picked to model the uniform system.

"A lot of the technology we have right now is 20-year-old Army surplus," he said. "This condenses everything into one suit that could take 20 guys to carry. Each man can be self-

sufficient, carrying compact, cutting-edge technology." The prototype uniform lays the groundwork and offers a vision of the future.

## Connected

The uniform system will adopt the Army's Objective Force Warrior helmet design for fragmentation and impact protection. It incorporates an illuminator, global positioning system and radio antenna suite, image intensifier and infrared imaging device that will send the information into an adjustable heads-up display.

"Everyone on the team could have (an imaging device) instead of just one person, and it would be with them at all times," Querim said.

Laser detectors will identify the wearer as friendly while drop down eyewear guards against laser beams and debris. Forced-air cooling from an electric blower is planned to prevent eyewear from fogging.

A detachable mask will protect against thrown objects or punches during a riot. Another mask will protect against chemical and biological agents while enabling the user to communicate, drink water and breathe filtered air or compressed air from a tank.

Active hearing protection will detect loud noises, suppress them and restore natural hearing. Gel sensor technology will enable users to communicate without a radio or microphone, yet still pick up differences in voices. The same acoustic sensor can monitor

physiological conditions, such as heart rate and breathing, to keep a leader informed of the condition of his team members.

## Covered

Physiological status monitors also find their way into the suit. In the first layer, lightweight fabric underwear will incorporate monitors for system redundancy in case other sensors are disabled. Querim said he expects sensor technology to mature in the next five years and allow communication between the user and team chief for locating position and determining the health condition.

The second or main layer is a one-piece suit made of blended nylon and cotton with three percent Lycra for stretch comfort.

Cordura nylon reinforces the elbows, seat and knees for durability, and plastic guards are located on the elbows, forearms and knees. A finish will also be available for flash-flame protection. Zippers are designed for easy donning and doffing, and slanted utility pockets are sewn on the upper arm area of each sleeve.

An optional third layer of the suit,

either manufactured as a separate component or integrated into the main layer, is intended for protection from the weather and chemical or biological agents.

## Equipped

The uniform system's vest protects against projectiles and fragmentation with freedom to move. Snaps and Velcro fasteners

ease donning and doffing.

"They'd rather have the ability to move quickly than be completely covered," Querim said.

Outer pockets hold plate inserts to stop 9 mm rounds and fragmentation. An interior pocket can hold a hands-free hydration system. An articulated armor will line the back of the vest to guard against blunt trauma to the spine. Similar to the Army's MOLLE vest, officers will have webbing in front to attach items like handcuffs and ammunition cases.

"We're focusing on what the users want and need because we know it's not a combat uniform," Querim said. "We're giving them options based on what they think is important."

A pistol holster not yet available is expected to be similar to the tactical holsters that drop down from the belt and attach to the thigh. Around the waist, a computer belt will hold a battery and small computer processor to run a variety of software, such as language translation, mapping and face recognition. It also will track the physiological data measured on the suit and helmet sensors.

## Gripped

Leather pat/search gloves offer high tactility and dexterity with cut-resistance but no puncture protection. The leather riot control glove lined with para-aramid fiber has padding consisting of fire-resistant foam on the back of the hand and fire-resistant wool for the fingers.

Boots are adopted from the Special Operation Forces. The black leather upper comes with blunt trauma protection for the ankles and abrasive-resistant toe. Nomex laces provide flash-flame protection, and a high traction sole keeps officers on their feet.

Shock absorption is found in the cushioned mid-sole and ankle support strap.

The initial working version of the system is expected to be ready by 2005. The uniform's modularity will enable designers to make upgrades as technology improves, Querim said.





# SPORTS & FITNESS

B SECTION

## On Post

### Youth football/cheerleading

Register your child for the Fall Fort Stewart Child and Youth Services football and cheerleading, 8 a.m. to 5 p.m., Monday through Friday, Building 443, located on the corner of Gulick Ave. and Lindquist Rd, behind Corkan Pool. Football is open to youth ages 7 to 13. Cheerleading is open to youth ages 6 to 13. For more information, contact CYS at 767-2312.

### Tae Kwon Do lessons

Tae Kwon Do is available for children and adults. Classes are held for beginners from 5 to 6 p.m., intermediate 6 to 7 p.m. and teen and adult 7 to 8 p.m., each Tuesday and Thursday at the Fort Stewart Youth Services Center, Building 7338, Austin Rd., Bryan Village next to the shopette. The cost is \$30 per month. For more information, call Child and Youth Services at 767-2312.

### Marne Lanes Ham Bowl

Marne Lanes will host a Ham Bowl Dec. 9. Win a ham or a turkey at a cost of \$3 per person. Call 767-4866 for more information.

### Hunter Golf Club

The Hunter Golf Club will host a Guy's and Dolls Tournament Dec. 8 at 1 p.m. Call 352-5622 for more information.

### Hunter Lanes Tournament

The 700 Hunter Lanes Bowling Tournament will begin at 8 a.m. Dec. 7 and continue through finish Dec. 8.

Early submissions close Dec. 7 at 8 a.m. Call 352-6279 for more information.

### Hunter Recreation special

Rent one item for two days, and get the third day free at the Hunter Outdoor Recreation December Special. Call 352-5722 for more information.

### Sports USA

Don't miss Monday Night Football at 8 p.m. at Sports USA. Come and watch the game on one of six big screen TVs. Call 767-8715 for more information.

### Intramural basketball

The Fort Stewart/Hunter Army Airfield Pre-Season Intramural Basketball Tournament will be held Monday through Nov. 28. The entry fee is \$100 and each team is limited to 12 players, including coaches.

The tournament is limited to 20 teams. The first place team will receive team and individual trophies.

For more information, call 767-6572 or 352-6749.

### Newman offers training

The Newman Physical Fitness Center now offers free personal-training consultations. Consultations consist of health screenings (body fat assessments), exercise prescription and nutritional counseling. Consultations are on appointment basis only.

Persons desiring this service may contact the Newman Physical Fitness Center at 767-3031.

## Off Post

### Aerobics classes

The West Broad Street YMCA presents aerobics. The classes are held from 11 a.m. to noon, noon to 1 p.m., 4:30 to 5:30 p.m. and 5:45 to 6:45 p.m., every Monday, Wednesday and Friday; and from 9 to 10 a.m. Saturdays. There is no fee for YMCA members and \$30 for non-members per month. For more information, call 233-1951.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-5979. Deadline is noon Fridays.

# Crusaders throw net over Dolphins 25-8 in Rebel Bowl

Staff Sgt. Brian Sipp

Hunter Public Affairs Office

The East Side Crusaders claimed the championship in the 10-and- under division of the Youth Services Football League by defeating the Fort Stewart Dolphins 25-8 during the Rebel Bowl, held at Garden City Stadium Saturday.

Kicking off to begin the game, the Dolphins were rewarded with a fumble recovery on the Crusaders first play from scrimmage. Following runs by Brandon Hadley and Paul Hawk that yielded no yardage, the Dolphins were forced to give the ball back on downs.

Crusader quarterback Willie Walker tested the Dolphins' defense early and often. Breaking free for a 90-yard touchdown run, the Crusaders had seemingly struck first, only to have the play negated by an illegal block-to-the-back penalty. After a loss of two yards by Cornelilius Hill, Walker again broke free for a 43-yard run to the Dolphin's 38-yard-line. As they drove into scoring range, another turnover gave the ball back to Fort Stewart.

Neither team could establish an offensive drive until the middle of the second quarter when the Crusaders got on the board with a 50-yard run up the left side by Willie Walker that put East Side ahead 6-0.

On the ensuing kickoff, Fort Stewart's Terrence Greene reversed field and returned the ball to the Crusader's 29 yard line. Carrying the offensive load on his back, he then scrambled 35 yards into the endzone to tie the game at six. The Dolphins then opted to kick the conversion through and netted two-points for their effort. With time winding down toward the half, Fort Stewart led 8-6.

Not wanting to end the half trailing, the Crusaders used their timeouts wisely as they ran up the field. Remembering what had worked earlier, East Side ran the identical play that they



Staff Sgt. Brian Sipp

**Fort Stewart Dolphins quarterback Samuel Jones searches for an open receiver during the Rebel Bowl at Garden City Stadium Saturday.**

scored on before. The results were the same. Willie Walker ran off tackle for another 50-yard score. George Taylor kicked the conversion through and the Crusaders had a 14-8 halftime lead.

In an ironic twist of the opening kickoff, the Dolphins coughed up the ball to begin the third quarter.

See REBEL, Page 2B

# WCAP boxing coach selected as USA Boxing's 2002 Coach of Year

Special to The Frontline

Staff Sgt. Basheer Abdullah, All-Army and Army World Class Athlete Program head boxing coach, was honored as 2002 coach of the year by USA Boxing at its annual meeting in Spokane, Wash.

Abdullah found out about the award in Chicago during a United States versus Dominican Republic dual boxing match. He was a U.S. assistant coach for the team there.

"I was excited, but at the same time I couldn't really enjoy it because I was working," said Abdullah. "I had to keep my focus on the athletes who were competing, so it didn't really hit me until I got back to my hotel."

Abdullah said the award was important to him as it lets him know he's "on the right track." "I'm not only contributing to the Army athletes, but nationwide as well," he said. "I'm doing my part as a

**"I'm doing my part as a national coach, producing Olympic athletes."**

Staff Sgt. Basheer Abdullah  
All Army/Army World Class Athlete Program head boxing coach

national coach as well as the Army coach, producing Olympic athletes."

Abdullah coached two national champions at this year's U.S. Championships and five of his WCAP athletes made USA Boxing's Elite team. Four Army boxers are currently at the top of USA Boxing's rankings. The Army team also won Armed Forces and National Police Athletic League team titles in 2002. The WCAP program snagged nine gold medals and three sil-

ver medals at the Armed Forces Championships and won two gold medals, four silver medals, and three bronze medals at the PAL Championships.

Abdullah feels the Army has contributed greatly to his success.

"Because of the way the Army is structured, we have control over our athletes. We dictate their daily activity (unlike) in the civilian sector where a coach might be sitting in the gym hoping his athletes show up. I know my athletes are going to show up. That helped me to become the coach that I am," he said.

Abdullah also served as a coach for the World Military Games in Curraugh, Ireland.

Abdullah joined the Army in November 1984 as a light wheel mechanic. He completed basic training at Fort Knox, Ky., in 1985 and airborne training at Fort Benning, Ga., in 1987.

See COACH, Page 2B

# New Army racing program includes NASCAR

**Will field car in Winston Cup with MB2 Motorsports debuting at Daytona 500**

Army Accessions Command

FORT MONROE, Va. — Fans of NASCAR, fasten your safety belts! U.S. Army racing began a NASCAR team partnership this month.

Starting Feb. 16, 2003, at the Daytona 500, a black-and-gold Army car will roar at full speed around NASCAR tracks as the Army teams up with MB2 Motorsports on the Winston Cup racing circuit. Piloting the Army's Pontiac will be Winston Cup veteran driver Jerry Nadeau.

"Just like a well-trained pit crew, each soldier in the Army's team is important and brings individual talents and contributions to achieve team goals and objectives," said Lt.

Gen. Dennis D. Cavin, commanding general, for the U.S. Army Accessions Command at Fort Monroe, Va. "We welcome MB2 Motorsports and Jerry Nadeau to the Army team. NASCAR fans share our interest and support what the Army proudly stands for in America. We expect to see some very exciting races starting in February pursuing the Winston Cup championship side-by-side with MB2 Motorsports."

U.S. Army racing, which already includes the successful partnership with Schumacher Racing and the National Hot Rod Association, helps raise awareness among America's youth of what the Army has to offer: personal growth and opportunities, a strong team, and

proud, patriotic service to America. The MB2 Motorsports sponsorship will expand further the Army's outreach to the sport's 75 million fans — including young adults ages 18 to 24. The Winston Cup is among the highest rated regular season sports on TV, according to NASCAR statistics.

The Army will be the primary sponsor on the MB2 car at 27 Winston Cup circuit races with nine races as the associate sponsor. MB2 Motorsports is headquartered in Concord, N.C., and headed up by General Manager Jay Frye, an 11-year veteran of the NASCAR Winston Cup circuit. "MB2 Motorsports is proud to represent the Army and carry the black-and-gold colors. We have the experience and they have the discipline to make this a winning partnership," said Frye.

Veteran driver Jerry Nadeau will

be joining the Army/MB2 team at its 2003 Winston Cup debut at the Daytona 500. Nadeau, who came up through Kart racing and NASCAR's Busch series, posted 10 top-10 finishes in 2001 and won the 2000 NAPA 500 at Atlanta Motor Speedway.

"I'm honored to have the U.S. Army as my new ride for 2003. My father served in the Army, so I know the values and innovation they'll infuse into this partnership. I look forward to helping the Army achieve its mission," said Nadeau.

"Army racing partnerships are two dynamite examples of how the Army successfully reaches aspiring recruits," said Cavin. "The Army's continued involvement in high profile sporting venues and events goes a long way in helping us deliver a powerful, compelling message about Army opportunities to talented young Americans."



# Fort Stewart youth places fourth in NFL competition

Nancy Gould  
DCAS

Eleven-year-old Paul Hawk placed fourth in the National Football League Punt, Pass and Kick cCompetition Nov. 3, at the Atlanta Falcon's game. Approximately 44 Georgia and Alabama sectional winners competed before the game, and at halftime, to be one of five to go on to the team championship level.

It was the second time young Paul qualified for the NFL sectional competition. Two years earlier, he placed first in his age division at Fort Stewart and captured a second place finish in Atlanta. "He's marvelous in his age

division," said Danny Durden, assistant athletic director of sports at Fort Stewart Youth Center.

"He's played baseball and football in the sports program for the last three years and has made the all-star team every year. His dad coaches the Dolphins, the team he plays on now."

Both NFL competitions were great experiences for the young athlete, according to his father, Chief Warrant 2 John Hawk, at Fort Stewart's Property Book Office Division. NFL financed the trip and provided two tickets to the championship game.

"It's an outstanding program," said Hawk, who invests a lot of time working with his son and others in the sports

program. Team sports build confidence — and that carries over into a many other areas."

According to Jerome Washington, Fort Stewart Youth Center athletic director, the program has been around for a while but the center has only participated over the last seven years.

All Fort Stewart sports are open to children, ages 5 through 17.

"Many NFL quarterbacks took part in the punt, pass and kick contest when they were young," Washington said.

"That makes it even more exciting for kids. College coaches often come out to watch the older competitors. Exposure to professional athletics is a great experience for kids."

## Rebel

from page 1B

with a dive into the endzone for his third touchdown. Taylor again hit the kick and the East Side Crusaders opened up a 22-8 lead.

As the fourth quarter began, East Side started a drive to eat up the clock and deny the Dolphins' any chance for a comeback. Relying on short runs to advance all the way to the Fort Stewart 8-yard line, they prepared to score again when the Dolphin defense stiffened. Stopping Anthony Byrd and Jerel Nichard as they tried to punch it in on successive plays, Fort Stewart was determined to give up no more touchdowns.

Braving dropping temperatures which cast a chill on players and fans alike, the Dolphins' defense displayed grit and determination in keeping the Crusaders out of the endzone.

Taylor kicked a 25-yard field goal instead, and East Side led 25-8.

With the damage done as the Crusader drive took



Staff Sgt. Brian Sipp

**East Side Crusaders quarterback Willie Walker sprints for the first of his three rushing touchdowns during the Rebel Bowl at Garden City Stadium Saturday.**

almost seven minutes off the clock, the Fort Stewart offense searched for an answer and a score. It was not to be.

Unable to crack the East Side defense, the Dolphins surrendered the ball on

downs and watched as the Crusaders methodically ran out the clock.

"We started slow, but hung in there," said Dennis Green, East Side head coach. "We really came together as a team in the sec-

ond half to get the win."

"I'm so proud of all the boys," said John Hawk, Fort Stewart head coach. "When the temperature dropped, it got downright cold out there; but everyone played hard."

## Marne Scoreboard

### Racquetball

**Fort Stewart/Hunter Army Airfield Christmas Holiday Racquetball Single Elimination Tournament**

The tournament will be held Dec. 14, at the Newman Physical Fitness Center.

Entry deadline is Dec. 12 with a \$5 entry fee. For more information, call the Fort Stewart Sports Office at 767-6572 or Hunter Army Airfield at 352-6749.

### Basketball

**Fort Stewart/Hunter Army Airfield Preseason Intramural Basketball Tournament**

The tournament will be held Nov. 25 to 28. Teams will be limited to 12 players per team, including the coach.

First place will receive a team trophy and each player will receive a trophy.

Second place will receive a team trophy. For more information, call 767-6572.

**Fort Stewart/Hunter Army Airfield 3rd Annual Open 3 on 3 Christmas Tournament**

The tournaments will be held at Newman Physical Fitness Center, Dec. 14, at 11 a.m. Register at the Sports Office, Building 471, Monday through Friday, 8 a.m. to 4 p.m.

Entry deadline is Dec. 13.

For more information, call Fort Stewart Sports Office at 767-6572/8238 or Hunter Army Airfield at 352-6749.

**Fort Stewart/Hunter Army Airfield 3-Point Shoot Out Christmas Tournament**

The tournament will be held at Newman Physical Fitness Center, Dec. 14 at 1 p.m. Register at the Sports Office, Building 471, 8 a.m. to 4 p.m., Monday through Friday. Entry deadline is Dec. 12.

**Fort Stewart/Hunter Army Airfield 3rd Annual Open Slam Dunk Contest**

The contest will be held at 3 p.m., Dec. 14, at Newman Physical Fitness Center. Register at the Sports Office, Building 471, 8 a.m. to 4 p.m., Monday through Friday. Entry deadline is Dec. 12.

For more information call, Fort Stewart Sports Office at 767-6572/8238 or Hunter Army Airfield at 352-6749.

### Bowling

| Heritage Bank Senior Mixed Classic Nov. 4 |                 |     |
|---|-----------------|-----|
| <b>High Series Handicap</b>               |                 |     |
| Women                                     | Sandy Mobley    | 673 |
| Men                                       | Jack Kobusch    | 655 |
| <b>High Series Scratch</b>                |                 |     |
| Women                                     | Marianne Franks | 572 |
| Men                                       | Jack Kobusch    | 595 |
| <b>High Game Handicap</b>                 |                 |     |
| Women                                     | Sandy Mobley    | 246 |
| Men                                       | Jack Kobusch    | 246 |
| <b>High Game Scratch</b>                  |                 |     |
| Women                                     | Sandy Mobley    | 205 |
| Men                                       | Jack Kobusch    | 226 |

**Got Scores?**  
Contact the *Frontline* staff at  
767-3440 or e-mail [piperrj@stewart.army.mil](mailto:piperrj@stewart.army.mil).

## Coach

from page 1B

He has coached several national and international events including United States vs. Mexico Duel, U.S. Championships and U.S. Challenge, World Championships, and the CISM World Military Games.

He also served as the high performance coordinator for the 2000 Olympic Team.

He is currently serving as the vice-chairman of USA Boxing's international selection committee, which is responsible for selecting the athletes who compete in various competitions.

USA Boxing, as the national governing body for Olympic-style boxing, is the

United States' member organization of the International Amateur Boxing Association and a member of the United States Olympic Committee.

The Army WCAP is part of the Army's Morale, Welfare and Recreation sports program, an activity of the U.S. Army Community and Family Support Center in Alexandria, Va.

It is one of more than 200 MWR programs the Army provides for soldiers and families worldwide.

**Editor's Note — USA Boxing contributed to this story.**



# Guide to savoring hearty seasonal treats:

*Moderation, recipe substitutions, low-fat party dish suggestions, pre-party eating strategies*

Amye H. Turner

Special to The Frontline

It's that time of year when parties and feasts abound. If you are like most people, you will attend many events during the holiday season which are catered or that you are asked to bring a dish to share.

While the socializing is great fun, the constant eating can lead to extra weight carried into the New Year.

"Most Americans gain an average of five pounds during the holiday season between Thanksgiving and New Year's Day.

"We celebrate the holidays with food. It is a busy time of year when we tend to be focused on preparing food and eating meals together instead of partaking in physical activity," said 1st Lt. Kristi Hart, chief of Clinical Dietetics at Winn Army Community Hospital.

However, Hart notes that the answer to unwanted weight gain during the holidays is not complete avoidance of food, but moderation.

"It's true that many of the foods that are served during the holidays are high in calories and/or fat. You do not want to indulge daily in these foods, but you should allow yourself to eat your favorite special foods, just in smaller quantities.

Also, finding ways to decrease the fat and calories in your favorite foods is another way to eat what you like without gaining weight.

Ingredient substitution is a great way to lower the calorie and fat counts on your favorite foods," Hart said.

Hart notes that substitutions should be made gradually.

For example, when first starting to use substitutions, use 1/2 the original ingredient and 1/2 the substitute ingredient.

Substitution ingredients can change the texture, flavor and moisture of baked goods.

Substitution examples include:

Using three tablespoons cocoa powder for every ounce of unsweetened chocolate when making brownies, cake or fudge.

Using applesauce in place of oil for muffins, cookies and cakes.

Using evaporated skim milk in place of cream in sauces, casseroles and pumpkin pie.

Using two egg whites as an equivalent to one whole egg in all types of dishes.

Hart also stresses the importance of having an eating strategy for the holidays.

"Don't go to a party hungry. Prior to leaving home, have a low-calorie snack. If you are taking a dish to the event, take one that is low in fat or low in calories. When at the party, avoid standing by the buffet table while you are socializing.

"If you are close to the food for an extended period of time you are likely to eat more," she said. In the event that you do overindulge, Hart wants to remind you to include physical activity, "Take a walk with your family or friends to help burn some of those unwanted calories."

A suggestion Hart gives to those planning a party is to make it "participative."

"I encourage people to plan parties that are not necessarily centered around food — play games, dance.

"If children are invited, opt for a more interactive party atmosphere such as a skating rink or a decorating party."

Hart reminds everyone that the keys to successful weight maintenance during the holidays as well as throughout the year are moderation in food consumption, eating mainly low-fat, low-calorie foods and routine exercise.

## Substitution tips for holiday dishes



✱ Use three tablespoons cocoa powder for every ounce of unsweetened chocolate when making brownines, cake or fudge.

✱ Use applesauce in place of oil for muffins, cookies and cakes.

✱ Use evaporated skim milk in place of cream in sauces, casseroles and pumpkin pie.

✱ Use two egg whites as an equivalent to one whole egg in all types of dishes.

## So what's cookin'?: 3 Recipe Suggestions

### Side Dish: Garlic Mashed Potatoes

2 lbs. baking potatoes, peeled and cut into chunks  
1/2 tsp. garlic powder  
1/2 cup skim milk  
1/4 cup nonfat sour cream  
1 1/2 tsp. butter flavored granules  
3/4 tsp. prepared horseradish and black pepper to taste



Place the potatoes in a large saucepan and cover with cold water. Bring to a boil, reduce heat to medium high and cook until the potatoes are tender (about 15-20 minutes). Drain the potatoes and return to stove. Mash with a potato masher or hand beaters. Add the rest of the ingredients. Adjust the consistency with skim milk, reheat and serve. Makes six servings.

Serving size 3/4-cup: 145 calories, 0 grams fat, 0 mg cholesterol, 46 mg sodium, 31 g carbohydrate, 3 g fiber.



### Appetizer: 7 Layer Mexican Dip

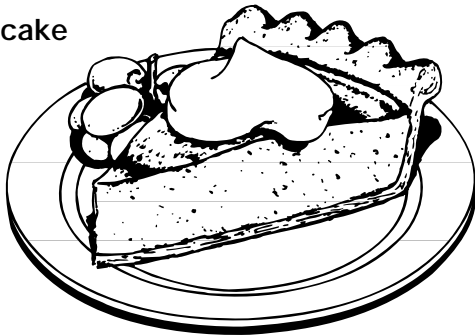
1 pkg. fat free cream cheese, softened  
1 tbsp. taco seasoning mix  
1 cup canned fat free refried beans  
1 cup salsa  
1 cup shredded lettuce  
1 cup reduced fat cheddar cheese  
1/2 cup chopped green onion  
2 tbsp. Sliced pitted ripe olives

Mix cream cheese with taco seasoning; beat until well blended. Spread onto bottom of 9-inch pie plate. Layer remaining ingredients over cream cheese mixture, cover. Refrigerate several hours or until chilled. Serve with baked tortilla chips.

One tablespoon (not including chips) Calories 20; Fat 0.6 grams; Saturated Fat 0.3 grams; Cholesterol 5.4 milligrams; Sodium 150 milligrams; Carbohydrate 2 grams; Dietary Fiber 1 grams; Sugars 1 grams.

### Desert: Double Layer Pumpkin Cheesecake

2 pkg. Fat free cream cheese, softened  
1/2 cup sugar  
1/2 tsp. Vanilla  
2 eggs  
1/2 cup canned pumpkin  
1/4 tsp. Cinnamon  
dash ground nutmeg  
1/3 cup graham cracker crumbs  
1/2 cup fat free whipped topping



Mix cream cheese, sugar and vanilla with electric mixer until well blended. Add eggs, mix until blended. Do not overbeat after adding eggs. Remove 1 cup batter; stir in pumpkin and spices. Spray 9-inch pie plate with no stick cooking spray; sprinkle bottom with crumbs. Pour remaining plain batter into crust. Top with pumpkin batter. Bake at 325 F for 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Top each serving with 1 tbsp. of whipped topping.

Makes 1 9-inch pie. Serving size 1-inch slice: 150 calories, 2.5 grams fat, 65 mg cholesterol, 340 mg sodium, 23g carbohydrate, 1 g fiber



## LIFE &amp; TIMES

C SECTION

## On Post

**School Board meetings**

Be involved in your child's education and learn what is happening at schools located on Fort Stewart. The following is the school board meeting schedule for Diamond and Brittin Elementary schools.

For the duration of the school year all meetings are held at 4:30 p.m.

Jan. 23 at Brittin

Feb. 20 at Diamond

Mar. 22 at Brittin

April 17 at Diamond

May 15 at Brittin

**Youth Services programs**

The Fort Stewart Youth Services offer a wide variety of sports, activities and programs for children to participate in.

The Youth Center, located behind the shoppette in Bryan Village, is open 2:30-8 p.m. Monday through Friday and noon to 8 p.m. Saturday.

For information about the programs available to youth, call 767-4491 or visit the center.

**Attention waiting spouses**

Waiting Spouses is a support service to families on post or in the surrounding community who are living separately from their military and civilian sponsor due to mission requirements.

The Waiting Spouse briefing is held 9 to 10 a.m. every Wednesday at Army Community Service, Building 470, and is mandatory for those who reside on post and require additional information on installation services.

The Waiting Spouse Support Group is held 10 to 11 a.m. following the briefing each Wednesday at ACS. Come and experience the joy of friendship in this Army community.

For more information, call ACS at 767-5058.

**Volunteering**

The Installation Volunteer Coordinator Program needs military spouses and others who are interested in helping others. Childcare may be provided.

For more information, call IVC at 767-5058, or stop by Army Community Service, Building 470.

**Children's activities**

Army Community Service offers storytime every Monday at 10 a.m. in Building 470. Preschool crafts are available every Wednesday at 10 a.m. at ACS. Every Tuesday and Thursday at 11 a.m. is playmate time at Youth Services. The third Thursday of each month is a field trip. For more information, call 767-5059.

**Hunter Outdoor Recreation**

All facilities at Lotts Island Recreation Area are now open to the general public. That includes campground, picnic area and shelters, tackle shop, boat hoist and private berthing for boats. For more information, call 767-5722.

**Fort Stewart Museum**

The Fort Stewart Museum is open from 10 a.m. to 4 p.m., Tuesday through Saturday.

Have your next small unit gathering at the Fort Stewart Museum. To make arrangements or for more information, call 767-7885.

## Off Post

**Museum**

Journey through an adventure of sights and sounds with exhibits, aircraft and artifacts at the Mighty Eighth Air Force Heritage Museum.

The museum is open 9 a.m. to 6 p.m. daily.

For more information, call 748-8888.

To publish a brief in The Frontline, call 767-3440 or fax us at 767-5979. Deadline for briefs is Friday at noon.

Hunter aviators bond with, read to local schoolchildren during ...

## National Children's Book Week

**Staff Sgt. Brian Sipp**

Hunter Public Affairs Office

Celebrating National Children's Book Week, soldiers from the 1st Battalion, 3rd Aviation Regiment at Hunter Army Airfield visited Largo-Tibet Elementary School on Nov. 21 to read books and promote a love of reading to the children who attend there.

The soldiers who participated were divided up among the various classrooms and given age-appropriate books to read to the groups. They also answered a variety of questions about themselves and the Army.

"I wish we could do this more often," said Chief Warrant Officer Lorenzo Key, Apache helicopter pilot. "Their eyes got so bright when we walked into the room and they were so attentive. It was a really good experience."

The visit held special meaning to Sgt. Deana Porretta who is seven-and-a-half months pregnant with her first child. Porretta, who works in the 1-3 battalion's administration office, jumped at the chance to volunteer to read as practice for her own upcoming parental duties.

"It's so much fun coming and interacting with the kids," Porretta said. "They are incredible."

Staff Sgt. Rufus Caffee, Apache crew chief, emerged from his third-grade classroom shaking his head after being "interrogated" by his students on topics ranging from nuclear weapons to Kuwait.

"Third-grade...these children are so smart. I definitely have a newfound respect for teachers," Caffee said.

The unit was invited to participate by several teachers and parent teacher association members as one part of several events planned for the week.

The soldiers, many of whom have children who attend the school, were able to spend quality time and act as positive role models to the students. Hopefully this will be the first of many future visits, said Jerrie Wichman, principal of Largo-Tibet Elementary School.

(Right) Sgt. Deana Porretta, 1-3 Aviation, reads 'Stand Tall Molly Lou Melon' to the children of teacher Melanie Cockrell's K-2 Interrelated class at Largo-Tibet Elementry School, Nov. 21 as part of national Children's Book Week.



Staff Sgt. Brian Sipp

## Army family support program to expand

**Dan Hassett**

Army News Service

WASHINGTON - The Army had already begun searching for ways to help families before tragic murders and suicides took the lives of seven people at Fort Bragg, N.C., earlier this year.

Now the Building Strong and Ready Families program, developed in the 25th Infantry Division in Hawaii in 1999 and since tested in 17 Army brigades around the United States and overseas, is expanding to 48 brigades, according to Chaplain (Lt. Col.) Glen Bloomstrom, family ministry officer, Office of the Chief of Army Chaplains in Arlington, Va.

The program hit an obstacle in April when legal issues arose over using program funds to pay for spouses' participation, but that obstacle was recently overcome.

**"The commanders interest in a soldier's personal life is a morale builder. it says to soldiers and their families, 'you mean something to us.'"**

Chaplain (Lt. Col.) Glen Bloomstrom

Family ministry officer, Office of the Chief of Army Chaplains

New wording allows funds to be used for "command-sponsored programs administered by unit chaplains," Bloomstrom said.

The change reflects the Army's commitment to families under the "Well-Being" initiative that ties family readiness to soldier readiness, retention and recruiting, Bloomstrom said.

BSRF is a unit commander's program, run by unit chaplains, target-

ing married soldiers who have been in the unit less than six months and newly married couples, Bloomstrom said. It is a voluntary program designed to meet the needs of the Army and those of couples and young families, but first sergeants and platoon sergeants can refer soldiers to the program.

"It's a command program, it's on the training calendar," Bloomstrom said. "The commander's interest in

a soldier's personal life is a morale builder. It says to soldiers and their families, 'you mean something to us.'

"BSRF is resourced, it's part of regular training, and it's formally tied to readiness, retention and recruiting," Bloomstrom said. "It's a systematic approach to helping couples improve their relationships."

"We are actually going to change the culture" of how the Army deals with family problems that may interfere with soldier readiness, Bloomstrom said. In the past, he explained, nobody was doing anything for married couples until crises arose.

"The Army provided counseling, but that was after the fact," he said. "The problems may have been simmering for three, four or five years

See Support, Page 3C

## In the spirit: 'Tis the season for toys, charity

*Local businessman holds holiday toy drive to help families of deployed servicemembers*

**Staff Sgt. Brian Sipp**

Hunter Public Affairs Office

With escalating tensions overseas contributing to the separation of many military families during Christmas, one Savannah businessman has made it his mission to help the families of deployed soldiers enjoy the holidays with a little less stress.

Burt Sappenfield, coordinator of Savannah Cares Toys for Kids, has set a goal of collecting 3,000 new toys for distribution to the children of local Fort Stewart and Hunter Army Airfield soldiers who will be away from their families during the holiday season. "It's our goal to make our servicemen and servicewomen who are safeguarding our freedom overseas, comfortable and confident that their families are being taken care of back here at home," said Sappenfield. "This allows them to concentrate fully on the task at hand and not have any distractions or worries."

Savannah Cares Toys for Kids has coordinated with the chaplains at both Fort Stewart and Hunter Army Airfield to provide an equitable and fair distribution system which will identify which families are

in need and distribute all the toys accordingly, said Sappenfield.

"The last time we did this, we collected 1,750 toys during Desert Shield and Desert Storm in 1990-91. I am confident when Savannahians learn what we are doing here, they will respond like they always do, with generosity and tremendous spirit. I believe we can exceed the original goal of 3,000; I just know we can," he added.

Savannah Cares does not accept money, only new toys. "When money is donated, people tend to reasonably question if it is really being used for

the right purposes," said Sappenfield. "With toys, there is no doubt where the item is going, and to whom."

By accepting new toys only, they (Savannah Cares) eliminate any safety issues from older or damaged toys as well as provide a truly wonderful gift to a child, who can unwrap and open something brand new for the first-time, he added.

Savannah Cares Toys for Kids currently has drop boxes at Midtown Deli in Chatham Plaza and at the Coldwell Banker Realty Offices at: 6349 Abercorn St., 28 Habersham St., and Highway 80 in Pooler, Ga. While the drop boxes are located in the Savannah area, donations will be accepted from anywhere.

Many businesses are collecting among their employees and require a pick-up. For information on all aspects of the Savannah Cares Toys for Kids Program, call (912) 658-8851 or (912) 927-1447.



Staff Sgt. Brian Sipp

Burt Sappenfield, coordinator of Savannah Cares Toys for Kids, prepares to empty one of the collection boxes at the Midtown Deli on Friday, to make room for more donations. A new bicycle was left just outside the box by an anonymous donor.



# Holiday cheer marches through Rincon

**Sgt. Raymond Piper**

Editor

Santa Claus made a special visit to Rincon, Ga., Saturday during the town's annual Night Time Lions Club Parade.

Leading the parade was led by a color guard from the 3rd Soldier Support Battalion and the 3rd Infantry Division (Mechanized) band.

"The band is a dynamite group and always adds to the parade. We feel very proud and very fortunate to have them here," said Alice Bennett, a Lions Club helper.

The parade has been held in Rincon for the past 23 years and aids in telling people what the club does for the community.

"I think the parade went pretty good this year although it wasn't as big as it was in past years," said Bennett.

Since 1917, Lions clubs have offered people the opportunity to give something back to their communities. From involving members in projects as local as cleaning up an area park or as far-reaching as bringing sight to the world's blind, Lions clubs have always embraced those committed to building a brighter future for their community.

"Our club helps people who are hard of hearing obtain hearing aids and people with poor eyesight obtain glasses," said Bennett. "We have also donated money to the Camp for the Blind and the Georgia Lighthouse for the blind."

According to the [www.lionsclubs.org](http://www.lionsclubs.org), "With more than 44,600 clubs in 190 countries and geographical areas, Lions have expanded their focus to help meet the ever-increasing needs of our global community. Our programs are continually changing to meet new needs and greater demands, but our mission has never wavered: 'We Serve.'"



The Marching Mustangs Color Guard from South Effingham High School perform during the parade.



Photos by Sgt. Raymond Piper

A color guard from the 3rd SSB leads the way during the 23rd Rincon Night Time Lions Club parade Saturday.



(Above) Shriners race through the parade, demonstrating their driving skills.

(Right) The 3rd Inf. Div. (Mech.) Band marches through Rincon playing patriotic and holiday tunes.

(Far Right) Santa visits Rincon a little early to spread holiday cheer during the parade.





# Outstanding leadership earns teens scholarships

Nancy Gould

DCAS

Four teens at Fort Stewart and Hunter Army Airfield Youth Services received scholarships recently for demonstrating outstanding leadership in their volunteer service during the 2001-2002 academic year.

Last year's winners include Venita Robinson and Joanna Dossey, high school seniors from Fort Stewart Youth Center, and from the Hunter Youth Center, high school junior Brad Stanley, and high school senior Marjorie Battle. The four teens received the Presidential Freedom Scholarship for 100 hours of volunteer service at each respective center.

Congress appropriates the annual scholarships and The Corporation for National and Community Service provides \$500 for each scholarship, which is then matched with \$500 from Boys & Girls Clubs of America.

The Boys & Girls Clubs of America partnered with the Directorate of Community Activities and Services' School Age and Youth Services, according to Shirley Romblad, director of Middle and Teen programs at Fort Stewart's Youth Center.

The scholarships are awarded to deserving high school juniors and seniors who plan to attend college, said Romblad, adding that program directors must confirm each student's eligibility and concur that those applicants deserve the award.

Students also write a brief essay about a specific topic, which varies each year. This year students were required to write an essay and reflect on the meaning and significance of their service in light of the September 11th events and the aftermath.

"This is a great opportunity for students," Romblad said, adding that the center has participated in the program for the past two years. Students may also volunteer at other organizations such as churches, schools and clubs. "These teens have a very positive influence on younger children here, especially those around age 11 or 12, who are in awe of the older children. The older students can influence them in ways we can't."

Because of the many demands on high school students, Romblad said the time students volunteer is usually a sacrifice. They don't have strict schedules but come as often as they can. Youth center managers appreciate all youth volunteers, but sometimes a volunteer with the desire and gift of helping younger children really stands out. "Venita Robinson is great with the younger children," Romblad said. She's been coming to special functions with her mother, who works here, since she was young. She's extremely motivated and would probably volunteer her time regardless of awards or recognition.

Joanna has also done a great job working as a teen panel volunteer with FORCOM and the Department of the Army,



Courtesy photo

**Brad Stanley answers questions during an interview by television station, WTOC, about Character Counts week at Hunter Army Airfield. The Character Counts program is one of many youth activities Stanley volunteers in at the Youth Center.**

helping plan and improve programs here. Both girls are in college now but continue to volunteer here when they can."

According to Theresa McMillan, School Age Youth Services director at HAAF, scholarship recipients there are equally deserving. Brad Stanley, a senior this year, tutors younger children after school and supports other Youth Center activities. Marjorie "Peaches" Battle helped her mother, Monica Battle, an Army Community Service employee, with various programs, including domestic violence prevention and "Child Find" for missing children. She also volunteers at middle schools in Savannah, judging cheerleading competitions.

The Corporation for National and Community Service, which sponsors the scholarship program, continues a long tradition of citizen involvement. It supports President's Bush's call for every American to dedicate 4,000 hours- the equivalent of two years- of their lives to serving their community, our country, and the world. It helps support nearly 1.5 million students who are meeting community needs while improving their academic skills and learning the habits of good citizenship.

## Support

from page 1C

before we did anything about it."

BSRF takes a proactive approach, giving soldiers and their families the knowledge and tools they need to solve problems before they become crises, Bloomstrom said.

BSRF is a three-level training event consisting of two daylong workshops and an overnight retreat, all aimed at strengthening the relationship and communication skills of soldiers and their spouses, Bloomstrom said.

The marriage education component of the program is the Prevention and Relationship Enhancement Program developed at the University of Denver, Bloomstrom said. "More than 50 researched papers have shown that couples with PREP training show higher satisfaction, lower levels of conflict and are less likely to break up than non-PREP families," he added.

BSRF takes 20 to 30 couples at a time through a series of exercises and classes designed to help them determine the strengths and weaknesses of their relationships and ways to capitalize on their strengths while mitigating their weaknesses.

The level-one workshop focuses on traits needed to establish a strong marriage, introducing participants to distress indicators and active listening skills, Bloomstrom said.

Couples complete a health-risk assessment genogram during this workshop, he said. The genogram lists any family history of tobacco and alcohol abuse, stress or family violence. It also includes patterns of spirituality, exercise and nutritional habits.

The level-two workshop continues with skills training, introducing problem-solving and strategies to avoid conflict and improve marital satisfaction, Bloomstrom said. Couples learn about preventive medicine, have their height and weight recorded, and learn health promotion skills.

The second session ends with an interview by a community health nurse who discusses the couple's genogram. If the genogram reveals potential for drug or alcohol abuse, couples can choose to speak with counselors in that area.

The final BSRF activity is a chaplain-led overnight marriage enrichment retreat focusing on family strengths and providing an opportunity to practice skills learned in levels one and two. This activity helps couples develop goals for keeping their relationship strong.

An added benefit of the three-session program is that participants can develop relationships with others who are in the same or similar situation, Bloomstrom said. "They develop a support group immediately," he said. Many of those relationships continue after graduation from the program, reducing feelings of isolation and giving soldiers and families added resources when problems arise.

The goal is resilience, Bloomstrom said, so soldiers and their families can deal with crises that do arise and bounce back quickly. "We're building resilience as we go through crises," he said. "Our strength is increased, our faith is increased and our confidence is increased."

"We want soldiers and their families to know where to get help and access it," Bloomstrom said. "We want to give soldiers everything they need to get help, to know what's out there, and the opportunity to use it."

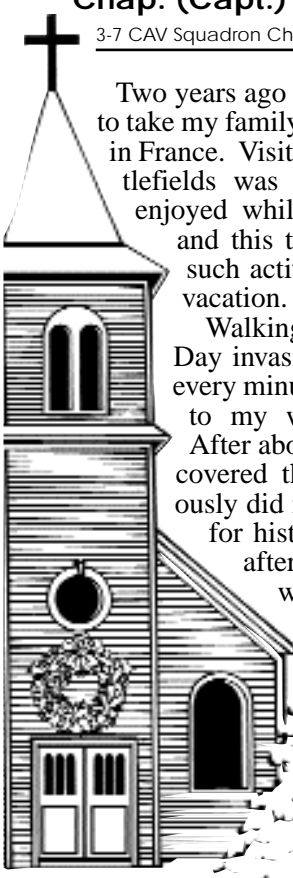




# CHAPLAIN'S CORNER

This holiday time to give thanks for freedom

**Chap. (Capt.) Steve Balog**  
3-7 CAV Squadron Chaplain



Two years ago I had the opportunity to take my family to Normandy Beach in France. Visiting World War II battlefields was a pastime I greatly enjoyed while stationed overseas and this time I had integrated such activities into the family vacation.

Walking the sands of the D-Day invasion I tried to explain every minute detail of the battle to my wife and four kids. After about five minutes I discovered that the family obviously did not share my passion for history, my wife chased after the three year old who was headed toward the water and the other kids frolicked in the sand.

Several attempts were made to gather the family

and continue the battle analysis yet my wife and kids continued to play. It was then that I realized the importance of that great battle.

Over sixty years ago men gave their lives so others could enjoy freedom. As I watched my family enjoy the warmth of a summer day at the beach, I gave thanks.

The holiday of Thanksgiving is upon us yet how many people in this day and age remember the concept behind the holiday, how many people seriously contemplate the blessings of life? For many Thanksgiving is a time for feasting, parties and football.

Others consider it just another prerequisite for Christmas, most stores and cities already have the Christmas decorations hung. Throughout the holiday season I challenge you to seriously ponder the good things in life.

The Bible tells us in 1 Thessalonians, "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus."

Giving thanks goes beyond just thinking about the blessings of our lives it involves sharing.

Take some time this holiday season and remember those less fortunate. Spend time with friends and even consider giving to those who might need some help this year.

## Pet of the Week



**M**ichael, full grown, small mixed, male dog. Has lots of energy and loves attention.

If interested in adopting Michael or any other dog or cat, call 767-4194 or stop by the clinic located at 461 W. Bultman Ave., Building 1180, Fort Stewart, Ga., 31314.

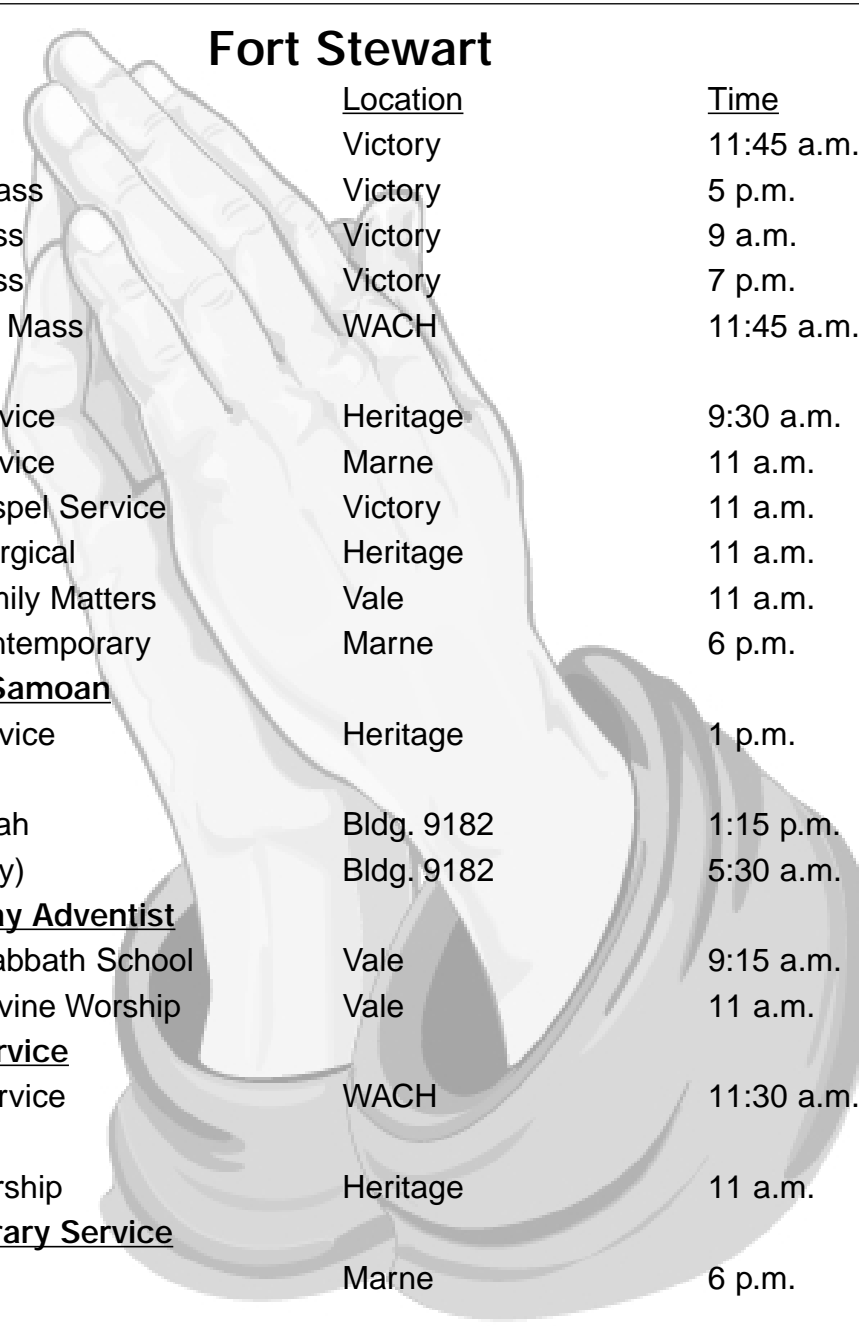
## GOT PET?

Check out the Fort Stewart Vet Clinic. All stray pets found on post are taken to the facility. For more information, call 767-4194.

**Find your loved one.**



# Worship Opportunities



## Fort Stewart

| <u>Catholic</u>              | <u>Location</u> | <u>Time</u> |
|------------------------------|-----------------|-------------|
| Daily Mass                   | Victory         | 11:45 a.m.  |
| Saturday Mass                | Victory         | 5 p.m.      |
| Sunday Mass                  | Victory         | 9 a.m.      |
| Sunday Mass                  | Victory         | 7 p.m.      |
| Wednesday Mass               | WACH            | 11:45 a.m.  |
| <u>Protestant</u>            |                 |             |
| Sunday Service               | Heritage        | 9:30 a.m.   |
| Sunday Service               | Marne           | 11 a.m.     |
| Sunday Gospel Service        | Victory         | 11 a.m.     |
| Sunday Liturgical            | Heritage        | 11 a.m.     |
| Sunday Family Matters        | Vale            | 11 a.m.     |
| Sunday Contemporary          | Marne           | 6 p.m.      |
| <u>American Samoan</u>       |                 |             |
| Sunday Service               | Heritage        | 1 p.m.      |
| <u>Muslim</u>                |                 |             |
| Friday Jum'ah                | Bldg. 9182      | 1:15 p.m.   |
| Masjid (Daily)               | Bldg. 9182      | 5:30 a.m.   |
| <u>Seventh Day Adventist</u> |                 |             |
| Saturday Sabbath School      | Vale            | 9:15 a.m.   |
| Saturday Divine Worship      | Vale            | 11 a.m.     |
| <u>Healing Service</u>       |                 |             |
| Tuesday Service              | WACH            | 11:30 a.m.  |
| <u>Lutheran</u>              |                 |             |
| Sunday Worship               | Heritage        | 11 a.m.     |
| <u>Contemporary Service</u>  |                 |             |
| Sunday                       | Marne           | 6 p.m.      |

## Hunter Army Airfield

|                   |             |           |
|-------------------|-------------|-----------|
| <u>Catholic</u>   |             |           |
| Sunday Mass       | Post Chapel | 9:30 a.m. |
| <u>Protestant</u> |             |           |
| Sunday Service    | Post Chapel | 11 a.m.   |

# DRINKING & DRIVING DON'T MIX



# Volunteer Spotlight



## Marilyn Harris



Marilyn Harris, a Hinesville native, is a Red Cross volunteer at Winn Army Community Hospital. She volunteers in the Family Practice Clinic as a Certified Nursing Assistant. “I volunteer because I love working with people,” Harris said. She also said she looks forward to the hands-on experience and working with the doctors. Harris spends her free time watching basketball, football or cooking. If you would like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Roberts at 370-6903 or send an email to [Brigitte.Roberts@se.amedd.army.mil](mailto:Brigitte.Roberts@se.amedd.army.mil).



# WOODRUFF THEATER

## Nov. 28- Dec. 4



Admission for all shows is \$3 for adults, \$1.50 for children.

### Knockaround Guys (R)

Starring: Barry Pepper, Vin Diesel  
Friday and Wednesday at 7 p.m.

Gotti’s gone, the Feds are cracking down and there’s no such thing as the honor system anymore. but for the somewhat pampered twenty-something sons of four well-known wiseguys, it goes deeper than that. When you wear an infamous last name, the legit business world isn’t an option either.  
Run time: 91 minutes

### Jonah – A Veggie Tales Movie (G)

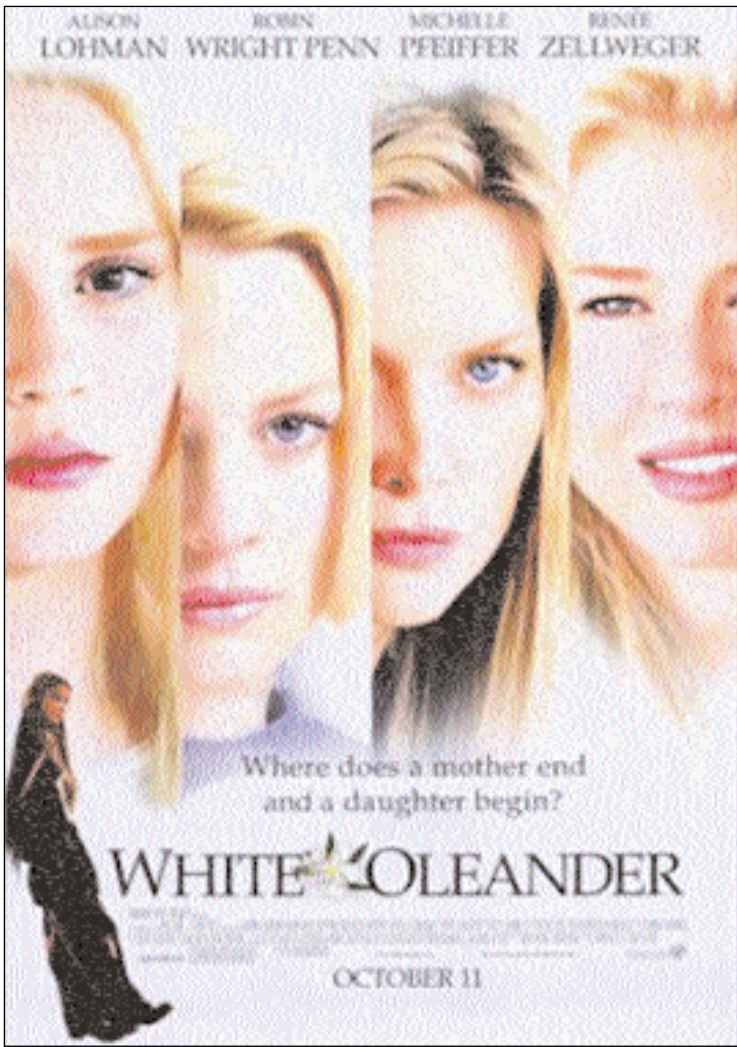
Starring: Ice Cube, Cedric the Entertainer  
Saturday and Sunday at 7 p.m.

The Veggie gang set sail on a whale of an adventure in Jonah. The story of Jonah and the whale as you’ve never seen it before — a story where everyone learns that one of the best gifts you can give or get is a second chance.  
Run time: 83 minutes

### White Oleander (PG-13)

Starring: Alison Lohman, Michelle Pfeiffer  
Monday and Tuesday at 7 p.m.

Astrid is a young teenager who journeys through a series of foster homes after her mother goes to prison for committing a crime of passion. Astrid struggles to become her own person, moving from foster home to foster home and meeting other foster mothers who try and help her.  
Run time: 100 minutes.



## Birth announcements

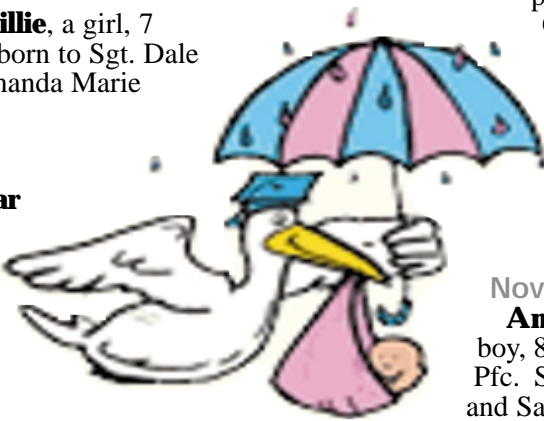
**November 10**  
**Daira Aixa Yulfo-Vargas**, a girl, 6 pounds, 5 ounces, born to Sgt. David Yulfo and Iraida Yulfo.  
**Brianna Nicole Sipp**, a girl, 6 pounds, 7 ounces, born to Chief Warrant Officer Michael Sipp and Sgt. 1st Class Verlisha Sipp.  
**Enoch Le’Mech Wimberly**, a boy, 6 pounds, 4 ounces, born to Sgt. 1st Class Jerry Lee Wimberly Sr. and Jerl Elizabeth Wimberly.  
**Jayden Khalil Davies**, a boy, 5 pounds, 9 ounces, born to Staff Sgt. Lewis Davies and Temekia Davies.

**November 12**  
**Emily Madison Hartson**, a girl, 6 pounds, 13 ounces, born to Airman 1st Class

Troy Allen Booton Hartson and Kristen Rose Hartson.  
**Natalie Marie Lillie**, a girl, 7 pounds, 11 ounces, born to Sgt. Dale Adam Lillie and Amanda Marie Lillie.

**November 13**  
**Nathaniel Eliazar Leader**, a boy, 7 pounds, 2 ounces, born to Spc. Michael Dionicio Leader and Krystal Lynn Leader.

**Marissa Kilani Morris**, a girl, 7 pounds, 6 ounces, born to Air Force Tech. Sgt. James H. Morris and Ineke Morris.



**Christopher Carl Gillis Jr.**, a boy, 7 pounds, 15 ounces, born to Christopher C. Gillis and Spc. Krishna D. Gillis.  
**Dante Lamond Williamson**, a boy, 7 pounds, 2 ounces, born to Staff Sgt. Aaron Williamson and Christina Williamson.

**November 14**  
**Anthony Lain Boudreaux**, a boy, 8 pounds, 13 ounces, born to Pfc. Steven Anthony Boudreaux and Sabrena Dian Boudreaux.  
**Oliver LaDeau Irvin**, a boy, 7 pounds, 11 ounces, born to Sgt. Bobby Lee Irvin and Pamela Jill Irvin.

**Khatoria Amari Perry**, a girl, 8 pounds, 11 ounces, born to Derrick Perry and Spc. Khalijah Perry.  
**Joshua Thomas Morton**, a boy, 7 pounds, 8 ounces, born to Pfc. Charles Wayne Morton and Christina Louise Morton.  
**Alexander Justin Burgos-Cubi**, a boy, 8 ounces, born to Spc. Alexander Burgos Alvalle and Katherine Cubi Garcia.

**November 15**  
**Morghan Lynn Beatty**, a girl, 7 pounds, 9 ounces, born to Sgt. Daniel James Beatty and Shawna Lynn Beatty.

**November 16**  
**Christina Leigh Coffey**, a girl, 7 pounds, 12 ounces, born to Staff Sgt. Dwayne Coffey and Jennifer Coffey.